Fantastic Fruit Salsa With Cinnamon Chips

Source: Your Body in Balance by Neal Barnard, MD; recipe by Lindsay S. Nixon

Find this recipe and more in Your Body in Balance by Neal Barnard, MD!

About the Recipe

181 Calories · 4 g Protein · 5 g Fiber
Snack · Dessert

Ingredients

Makes 2 Servings

- 2 c (336 g) diced fruit, such as peaches, pineapple, watermelon, mango, and strawberries
- 1 lime, juiced
- 1/4 cup diced red onion
- to taste minced jalapeno
- to taste fresh cilantro
- 3 6-inch corn tortillas
- 2 tsp (10 mL) cinnamon sugar

Directions

1. For the cinnamon chips, preheat the oven to 375 F (191 C) and line a baking sheet with parchment paper. Cut tortillas into triangles and place in a single layer on pan. Sprinkle with cinnamon sugar. Bake 5-10 minutes, or until chips are crisp.
2. For the fruit salsa: Mix fruit, lime juice, and optional ingredients in a bowl until well combined.
3. Serve the fruit salsa on top of the cinnamon chips.

**Nutrition Facts**

*Per serving (1/2 of recipe)*

- **Calories:** 167 kcal  
- **Fat:** 1.5 g  
  - **Saturated Fat:** <0.5 g  
  - **Calories From Fat:** 7%  
- **Cholesterol:** 0 mg  
- **Protein:** 3.5 g  
- **Carbohydrates:** 34 g  
- **Sugar:** 18 g  
- **Fiber:** 5 g  
- **Sodium:** 18 mg  
- **Calcium:** 55 mg  
- **Iron:** 1 mg  
- **Vitamin C:** 59 mg  
- **Beta-Carotene:** 406 mcg  
- **Vitamin E:** 0.8 mg