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

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

Directions
1. For the cinnamon chips: Preheat the oven to 375 F 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:** 181  
**Protein:** 4 g  
**Carbohydrate:** 42 g  
**Sugar:** 22 g  
**Total Fat:** 1 g  
  **Calories from Fat:** 7%  
**Fiber:** 5 g  
**Sodium:** 19 mg