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