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