

# 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