

Fruit Salsa

Prep Time: 15 minutes
Cook Time: 0 minutes

Ready in: 15 minutes
Yield: 4 servings

Ingredients

3 kiwis, peeled and chopped
9 strawberries, tops removed and quartered
1 mango, peeled and chopped
cinnamon
3 pita bread
butter spray

Directions

1. In a blender or food processor, pulse kiwis, strawberries, mango and a dash of cinnamon, to desired consistency.
2. Spray pita lightly with butter spray. Sprinkle with cinnamon and sugar. Bake in 450 degree F oven for about 5 minutes, until warmed and slightly crisped.
3. Serve salsa with cinnamon pita chips. Makes a great afternoon snack.

Try different types of fruit such as peaches, other berries, pineapple, etc. You can also use some varieties of frozen fruit.

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Nutrition Information

Serving Size: 1/6 salsa and 8 chips

Calories 140

	% Daily Value		% Daily Value
Total Fat 1g	2%	Vitamin A	10%
Sat Fat 0g	0%	Vitamin C	50%
Trans Fat 0g		Calcium	4%
Cholesterol 0mg	0%	Iron	17%
Sodium 174mg	7%		
Carbohydrates 32g	11%		
Dietary Fiber 6g	24%		
Sugars 10g			
Protein 4g			

This information is correct to the best of our knowledge. If there is an error, please let us know. Thank you.