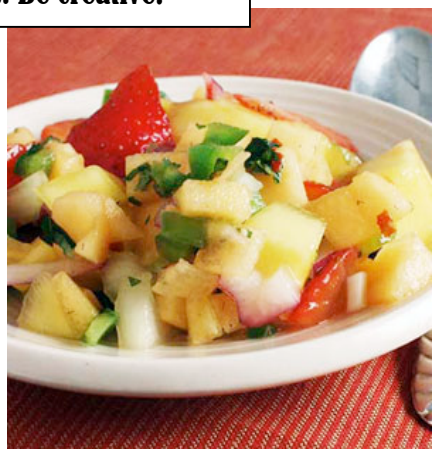
Tip: this recipe works great with any types of fruits. Try pineapple, pears, or peaches. Be creative!



FRUIT SALSA

Ingredients:

1 medium apple, diced
2 kiwis, peeled and diced
½ cup strawberries, diced
1 tsp cinnamon
1 Tbsp lemon juice

Instructions:

- Mix all the ingredients together in a medium bowl.
- Chill in the fridge before serving.
- Serve with baked nachos, or make your own! Cut up a pita pocket into small triangles. Season with a little bit of oil and sugar. Bake in the oven for 10 to 20 minutes, at 350 F.

Serves 4

Fact

Choose vegetables and fruit over juice. Did you know that the amount of fibre in one apple is equivalent to as many as 13 cups of apple juice?

Definition

Fibre: non-digestible food material found in fruits, vegetables legumes and grains. Fibre reduces constipation and helps us stay fuller for longer. It also helps us maintain a healthy weight.

Source: Recipes by Kate Vinokurov, 2011