RAINBOW SALSA

Getting in the spirit of Cinco de Mayo with homemade salsa!
Benefits:
Tons of color means tons of antioxidants
Can have with your favorite chips or top grilled chicken, fish or salad for lots of flavor

Ingredients:



- 2 apples, chopped
- 1 kiwi, chopped
- 2 habanero peppers, seeded and chopped
- 1 cup of cherry tomatoes, chopped
- 1 mango, chopped
- 1 cup blueberries
- 1 handful of cilantro, chopped
- drizzle of raw honey

Directions:

1. Mix all ingredients together and refrigerate for at least 2 hours so flavors can meld. Have with your favorite chips, put on your cooked protein or add to salad. So flavorful and delish! Enjoy!

NUTRITION PER SERVING:

Yields about 15 servings (1/2 cup servings) - Per serving: Calories 33, Prot 3g, Carbs 8g, Fiber 2g, Sugar 5g, Sodium 2mg, Fat 0g, Sat Fat 0g, Chol 0g