

Fruit Salsa

3-4 Kiwi, chopped
2 apples, chopped
1 cup frozen mixed berries
½ C. Red Onion, chopped
1 T. Lemon Juice
2 T. Strawberry or Raspberry Jam

Combine all ingredients, stir and chill for ½ hour. Stir again and serve with tortilla chips.

For homemade baked tortilla chips, spread soft butter on to flour tortilla, cut in to wedges, and bake at 400 degrees for 8-10 minutes. Cool and enjoy.

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All of our recipes can be found online at www.uvu.edu/wellnessed

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