Heart–Healthy Recipe Cards

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Title: Angel Food Cake with Fruit Salsa

Category: Dessert

Advantage: This healthy, delicious and simple dessert is great for special occasions or for any night that you crave something sweet. Make it in no time and prepare to have people be impressed!!!

Ingredients:
1 cup diced strawberries
1 cup diced pineapple
3 kiwis, peeled and diced
2 mangoes, peeled and diced
1 Tbsp. lime juice, fresh
1 Tbsp. granulated sugar
½ tsp. ground cinnamon
1 Angel Food cake (ready-made or home-made)

Directions:
1. chop all fresh fruit into small, bite sizes pieces (can use fruit suggested or any fruit you like)
2. add lime juice, sugar and cinnamon
3. mix
4. chill in the refrigerator, if time allows
5. spoon over sliced angel food cake

Nutrition Facts
Serving Size - 1/12 Cake with 2 Tablespoons of Fruit Salsa

Calories 184
Total Fat 0g
Saturated Fat 0g
Sodium 311mg
Total Carbohydrate 43g
Dietary Fiber 1.5g
Protein 2.5g

Tips: You can use any fruit that is in-season; such as peaches, plums, or raspberries. Yes – dessert really can be part of a heart-healthy diet!!!