Angel Food Cake with Fruit Salsa

Dessert • Serves two

Part of the Heart-Healthy Recipe Series

Ingredients
1 cup diced strawberries
1 cup diced pineapple
3 kiwis - peeled and diced
2 mangoes - peeled and diced
1 tbsp fresh lime juice
1 tbsp granulated sugar
½ tsp ground cinnamon
1 angel food cake (ready-made or homemade)

Directions
1. Chop all fresh fruit into small, bite-sized pieces (you can use the fruit suggested or any fruit of your choice)
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 1/2 cake with 2 tbsp of fruit salsa
Calories 184 • Total Fat 0g • Saturated Fat 0g • Sodium 311mg
Total Carbohydrate 43g • Dietary Fiber 1.5g • Protein 2.5g

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

For a cooking demonstration of this recipe and to find other recipes please visit VanderbiltHeart.com/recipes