

Crunchy Apple Salsa

Makes 4 servings



Ingredients

- 2 cups of apples-halved, cored and chopped
- ¾ - 1 cup of chili peppers - seeded and chopped
- ½ cup of onions - chopped
- ¼ cup of lime juice
- To taste: salt and pepper

Directions

- ☞ Combine salsa ingredients and mix well; allow flavours to blend about 1/2 hour.
- ☞ Serve

Nutrients (approximately)

47 Calories per serving,
Fat 0.3g, Cholesterol 0mg, Sodium 586.86mg,
Carbohydrates 11.7g, Fiber 2.7g, Sugars 7.2, Protein 0.9g

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