

Cinnamon Chips

Snacks made healthy!



Level: Medium

Servings: 4

Kids' Tool Kit

Kitchen scissors or
pizza wheel
Baking sheet
Hot pads
Cooking spray
Spatula

Ingredients:

4 flour tortillas (6- to 8-inch size)
¼ cup sugar
1 teaspoon cinnamon



Directions:

Remember to wash your hands!



1. Preheat oven to 350 degrees.
2. Cut each tortilla into 8 strips.
3. Spray baking sheet with cooking spray and place tortilla strips on baking sheet.
4. Spray tortilla strips lightly with cooking spray.
5. Combine sugar and cinnamon in small mixing bowl and sprinkle lightly on tortilla strips.
6. Bake 7 to 10 minutes or until lightly brown.

Chef's Choice

Cinnamon Chips
Fruit Salsa
Low fat milk

Nutrition Facts

Serving Size 1 tortilla (8 strips) (62g)
Servings Per Container 4

Amount Per Serving	
Calories 210	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 40g	13%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%
Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Helpful Hints: A good way to add more whole grains in our diet is to use whole wheat tortillas for this recipe. When cutting tortillas into strips, try using a pizza wheel or kitchen scissors instead of a knife. To sprinkle on the cinnamon and sugar mixture, combine ingredients in an empty, clean spice container or salt shaker to make the job easier for young cooks.



Safety Tips: This is an easy recipe to prepare, but young children need adult supervision when taking the baking sheet from the oven. Use a dry hot pad and have a spot on the countertop ready to set the hot baking sheet.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.