

## Cinnamon Chips

*Snacks made healthy!*

4 servings

### Ingredients:

4 flour tortillas (6- to 8-inch size)

1/4 cup sugar

1 teaspoon cinnamon

### Directions:

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

*Nutrition Facts: One tortilla provides 210 calories, 3.5g total fat, 0mg cholesterol, 230mg sodium, 40g total carbohydrate*

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension  
Family Nutrition Program



www.kidsacookin.ksu.edu

**Chef's Choice**  
Cinnamon Chips  
Fruit Salsa  
Low Fat Milk

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