


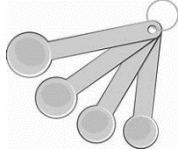






## Cinnamon Crisps

**Makes 4 Servings; 4 chips per serving**

Nutrients Per Serving:  
 180 Calories | 3.5g Fat (1g Saturated) | 32g Carbohydrates | 6g Added Sugar | 4g Protein | 440 mg Sodium | 0g Fiber

### Equipment Needed

			
Baking sheet	Small bowl	Spoon	Measuring spoons
			
Aluminum foil	Timer	Pizza cutter	Cutting board

### Ingredients Needed

*\*Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.\**

			
2 flour tortillas	1/2 teaspoon sugar	1/4 teaspoon cinnamon	Cooking spray

## Directions

(Tbsp = tablespoon, tsp = teaspoon)

1



Wash hands.

2



Preheat oven 375°F.

3



Cover a baking sheet with aluminum foil.

4



In a small bowl, mix 1/2 tsp. sugar and 1/4 tsp cinnamon.

5



Using the cutting board and pizza cutter, cut each tortilla into 8 triangles. There will be 16 total triangles when finished.

6



Spray triangles with cooking spray and sprinkle on cinnamon sugar mixture. Bake for 7-10 minutes.

7



Serve cinnamon crisps with fruit salsa or other dip.