

Fruit Salsa with Cinnamon Crisps

Cinnamon crisps:

- 10 10-inch tortillas, whole-wheat
- Cooking spray
- 1/3 cup sugar
- 1 teaspoon cinnamon

Fruit salsa:

- 2 granny smith apples, peeled and chopped
- 1 lemon
- 1 cup kiwi, chopped
- 1 pound strawberries, chopped
- 1/2 pound raspberries
- 1/4 cup raspberry preserves

Directions

1. Cinnamon crisps: preheat oven to 350°F. Combine sugar and cinnamon; set aside. Work with 3 tortillas at a time: spray both sides of tortilla and lightly sprinkle each side with cinnamon sugar; cut tortillas into 12 wedges. Place on baking sheet and bake 8 – 11 minutes until crisp.
2. Fruit salsa: zest lemon and set aside. Squeeze 2 teaspoons lemon juice over apples and mix well; gently combine all ingredients. Allow to sit for about 15 minutes before serving.

Nutrition Facts

Serving Size 3/4 cup (226g)
Servings Per Container 8

Amount Per Serving

Calories 230 **Calories from Fat 40**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 400mg **17%**

Total Carbohydrate 51g **17%**

Dietary Fiber 8g **32%**

Sugars 20g

Protein 6g

Vitamin A 2% • Vitamin C 110%

Calcium 2% • Iron 6%

*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

