Cinnamon Chips

Snacks made healthy!

Level: Medium
Servings: 4

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.

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.

Nutrition Facts
Serving: 1 tortilla (8 strips) (69g)
Servings Per Container: 4

| Amount Per Serving | Calories: 210 | Calories from Fat 30%
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Total Fat: 3.5g</td>
<td>6%</td>
<td>% Daily Value:</td>
</tr>
<tr>
<td>Saturated Fat: 1g</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol: 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium: 230mg</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate: 40g</td>
<td>13%</td>
<td></td>
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<tr>
<td>Dietary Fiber: 2g</td>
<td>8%</td>
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<tr>
<td>Sugars: 13g</td>
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<tr>
<td>Protein: 4g</td>
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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
- Saturated Fat: Less than 20g
- Cholesterol: Less than 300mg
- Sodium: Less than 2,400mg
- Total Carbohydrate: 300g
- Dietary Fiber: 25g
- Calorie per gram: Fat 9 • Carbohydrate 4 • Protein 4

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.

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