

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!



Chef's Choice

Cinnamon Chips
Fruit Salsa
Low fat milk

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 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

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.