

## FOODS AND NUTRITION

### FRUIT SALSA & CINNAMON CHIPS

#### CINNAMON CHIPS

- 2 soft flour tortillas
- 15 ml granulated sugar or brown sugar
- 3 ml cinnamon

1. Preheat oven to 350° F.
2. Mix sugar and cinnamon together in a custard bowl.
3. Rinse hands under running water and rub water onto top surface of tortillas / spray with margarine spray
4. Sprinkle sugar and cinnamon mixture evenly over tortilla shells.
5. Cut tortilla into medium sized wedges. (*using a pizza wheel*)
6. Place wedges on cookie sheet.
7. Toast in oven until light golden brown. (*5-8 minutes*)
8. *Serve tortilla chips in a napkin-lined basket.*

#### FRUIT SALSA DIP

- 30 ml jam (any flavour)
- *Few fresh mint leaves*
- Assorted Seasonal Fruit such as:
  - Apples
  - Kiwi
  - Strawberries
  - Blueberries
  - Cantaloupe
  - Bananas
  - Oranges

1. Wash and dry all fruit.
2. Remove all unwanted parts (seeds, stems, etc.)
3. Chop fruit into tiny pieces.
4. Mix fruit together with jam.
5. Eat with cooled cinnamon chips.