Apple Salsa and Cinnamon Chips

Great source of fiber for a healthy and filling snack.

Serves 4

Ingredients

- 2 medium apples, cored and finely diced
- 1 tablespoon lemon juice
- 1 tablespoon brown sugar
- 1 tablespoon fruit preserves
- ½ teaspoon cinnamon
- 1 tablespoon sugar
- 4 whole wheat tortillas

Directions

1. Preheat oven to 350 degrees.
2. Combine apples, lemon juice, brown sugar and fruit preserves.
3. Set aside.
4. Mix together cinnamon and sugar in a small bowl.
5. Moisten tortillas with water and sprinkle with cinnamon and sugar mixture.
6. Cut into wedges and spread evenly on a baking sheet.
7. Bake for 7-10 minutes or until golden brown and crisp.
8. Let cool completely and enjoy with apple salsa.

Nutrition Facts

Serving Size (152g)
Servings Per Container 4

Amount Per Serving

Calories 220	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 170mg	**7%**
Total Carbohydrate 43g	**14%**
Dietary Fiber 5g	**20%**
Sugars 18g	
Protein 4g	

Vitamin A 2% • Vitamin C 10%

Calcium 2% • Iron 8%

*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

Please note: nutritional values are approximate.

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