

## Fruit Salsa and Cinnamon Chips

### Ingredients:

2 kiwi fruit  
 2 golden Delicious apple  
 1 pound strawberries  
 8 ounces raspberries  
 2 tablespoons sugar  
 1 tablespoon brown sugar  
 Vegetable oil spray  
 10 each flour tortillas  
 1/4 cup cinnamon sugar

### Equipment:

Cutting Board  
 Knife  
 Small thin edged spoon  
 Cookie Sheet  
 Mixing Bowl  
 Measuring Cup  
 Measuring Spoons

Number of Servings: 10  
 Preparation Time: 30 minutes  
 Total time: 30 minutes

### Directions

1. Preheat oven to 350°F. Gently wash all fruits before starting. Cut out any bad places or throw away soft berries.
2. Using a cutting board and a knife, cut the ends off the kiwi. Use a small spoon with a thin edge and slide the spoon between the skin and the fruit to take off the peel. Slice kiwi and place in a mixing bowl.
3. Cut apple in half and remove core. Chop into small pieces. Leave the peeling on for more fiber! Add to bowl. Slice strawberries into small pieces and add to bowl. Add raspberries.
4. Mix together sugar and brown sugar in a small bowl. Mix into fruit and chill .
5. Cut flour tortillas into wedges or pieces and lay on a cookie sheet. Spray with vegetable spray. Sprinkle wedges with cinnamon sugar. Spray again.
6. Bake in preheated oven 8 to 10 minutes. Allow to cool for 15 minutes. Serve with chilled fruit mixture.

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### Nutrition Facts

Serving Size: 1/4 cup fruit and 8 wedges  
 Servings: 10

Amount Per Serving		%Daily Value*	
<b>Calories</b> 306	Calories from Fat 45		
<b>Total Fat</b> 5g			8%
Saturated Fat 1g			6%
<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 347mg			14%
<b>Total Carbohydrate</b> 59g			20%
Dietary Fiber 6g			23%
<b>Protein</b> 7g			14%
Vitamin A 1%	Vitamin C 64%		
Iron 16%	Calcium 11%		

\*Percent Daily Values are based on a 2,000 calorie diet.

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