



WHOLE WHEAT BAKED CINNAMON CHIPS

PREP TIME: x minutes

SERVING SIZE: 4-6 chips

COOK TIME: 18 minutes

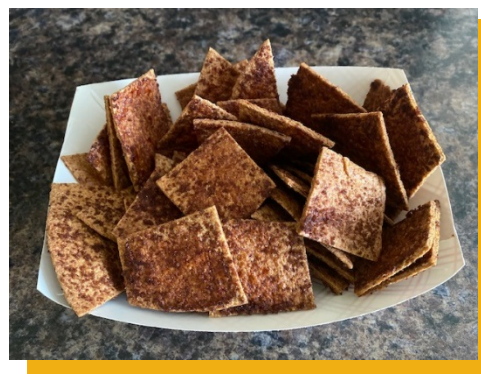
SERVES: 8

INGREDIENTS

- 8 whole wheat tortillas
- Vegetable oil spray
- ½ cup Splenda®
- 2-teaspoons cinnamon

PREPARATION

1. Preheat the oven to 350 degrees F. Cut the tortillas into 4-6 strips.
2. Spray a baking sheet with vegetable oil spray and place the tortilla strips on the baking sheet. Spray again lightly with vegetable spray.
3. Mix the rest of the cinnamon and sugar together and sprinkle lightly on chips.
4. Bake for 9 to 10 minutes or until lightly browned. Remove and flip tortillas and place into oven again for an additional 5-8 minutes.



ADAPTED FROM

Kids in the Kitchen

Recipe modified by CHOICES Nutrition Education Program

Need meal ideas? Visit our recipe database!

www.centraltexasfoodbank.org/recipes

Nutrition Facts

8 servings per container
Serving size 4-6 chips (40g)

Amount per serving

Calories **70**

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 5g

Vitamin D 0mcg **0%**

Calcium 47mg **4%**

Iron 1mg **6%**

Potassium 3mg **0%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider. Rev 9/20

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP.



CHIPS DE CANELA AL HORNO INTEGRAL

TIEMPO DE PREPARACIÓN: 5 minutos

TAMAÑO DE PORCIÓN: 4-6 chips

TIEMPO PARA COCINAR: 18 minutos

PORCIONES: 8

INGREDIENTES

- 8 tortillas de harina de trigo integral
- Aceite de vegetal tipo aerosol
- ½ taza de azúcar Splenda®
- 2 cucharaditas de canela



PREPARACIÓN

1. Precalentar el horno a 350 grados F. Corte las tortillas en 4 a 6 tiras.
2. Rociar una hoja para hornear con aceite de vegetal aerosol y coloque las tiras de tortillas en la hoja de hornear. Rociar otra vez ligeramente con spray vegetal.
3. Mezclar el resto de la canela y azúcar juntos y espolvoree ligeramente en chips.
4. Hornee de 9 a 10 minutos o hasta dorar ligeramente. Retire del horno y voltee las tortillas y colóquelas en el horno de nuevo durante 5-8 minutos adicionales.

ADAPTADA DE

Kids in the Kitchen

Receta modificada por CHOICES Programa Educativo de Nutrición

¿Necesita ideas para platillos? ¡Visite nuestro catálogo de recetas!

www.centraltexasfoodbank.org/recipes

Nutrition Facts

8 servings per container
Serving size 4-6 chips (40g)

Amount per serving
Calories 70

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	

Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 1mg	6%
Potassium 3mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Esta institución ofrece igualdad de oportunidades. Rev 9/20

Este material fue financiado en parte por el programa del USDA – SNAP en inglés