

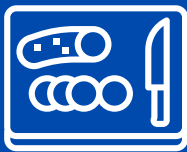
# Fruit Salsa with Cinnamon Crisps



## 4 Steps to Food Safety



Clean



Seperate



Cook



Chill

### Ingredients:

- 4 strawberries
- ½ banana
- 1 apple
- 1 kiwi
- 2 Tablespoons orange juice
- 2 Tablespoons sugar, divided
- 1 pinch nutmeg
- 1 teaspoon cinnamon, divided
- 2 (8-inch) whole wheat tortillas
- Cooking spray

### Directions:

1. Wash hands with soap and water. Preheat oven to 350°F.
2. Cut each tortilla into 8 pieces. Arrange on a baking sheet. Lightly coat with cooking spray.
3. Combine  $\frac{3}{4}$  teaspoon cinnamon and 1 tablespoon sugar. Sprinkle over tortillas slices.
4. Bake 6 to 8 minutes until slightly browned.
5. Gently rub produce under cold running water. Peel and core the kiwi. Core the apple. Dice the strawberry, apple, banana, and kiwi into  $\frac{1}{4}$  inch pieces.
6. Mix orange juice, 1 tablespoon sugar, nutmeg, and  $\frac{1}{4}$  teaspoon cinnamon. Toss with fruit. Chill.
7. Serve cinnamon crisps with fruit salsa. Makes 4 servings.

Nutrition Information for 1 serving: Calories 170, Total Fat 1.5g, Saturated Fat 1g, Cholesterol 0mg, Sodium 105mg, Total Carbohydrates 38g, Fiber 5g, Total Sugars 12g, includes 12g Added Sugars, Protein 2g, Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 6%

**For more healthy tips and recipes, go to:**  
**Food.unl.edu**

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