

Fruit Salsa

You will need:

- 1 apple - cored
- 1 pear - cored
- 1 cup fresh or frozen strawberries
- 2 kiwi, peeled
- 1 - 16 ounce can crushed pineapple

Step by Step:

1. Cut the apple, pear, strawberries, and kiwi into small bite size pieces
2. Mix all chopped fruit and crushed pineapple (Do not drain), in a bowl.
3. Chill and serve with cinnamon chips.

Cinnamon Chips

You will need:

- 8 whole wheat tortillas
- 1 teaspoon cinnamon
- 1/2 cup sugar

Step by Step:

1. Heat oven to 350° F.
2. Mix cinnamon with sugar, and set aside.
3. Spray tortillas with water or cooking spray.
4. Sprinkle cinnamon/sugar on each tortilla.
5. Cut each tortilla in half and each half in half, and one more time to make eight wedges.
6. Place chips on baking sheet with sugar side up.
7. Bake for 6 minutes.
8. Cool on a rack and store in airtight container.
9. Dip chips in fruit salsa and eat.



Prepared by Eau Claire County Wisconsin Nutrition Education Program (WNEP). WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 715/839-2300. An EEO/Affirmative

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