

Cinnamon Sugar Tortilla Chips

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Yield: 6 servings



Ingredients:

3 Tablespoons granulated sugar
2 teaspoons ground cinnamon
8 corn tortillas, 6-inch size
Butter flavored cooking spray

Directions:

1. Preheat oven to 350 degrees F. Line a baking sheet with parchment paper. In a small bowl, mix together sugar and cinnamon.
2. Using a pizza cutter or knife, cut tortillas into quarters. Place tortilla slices on prepared baking sheet and coat lightly with cooking spray.
3. Sprinkle cinnamon sugar mixture over each slice. Bake for 7-8 minutes. Remove pan from oven and turn slices over.
4. Spray uncoated side of tortilla slices with cooking spray and coat with cinnamon sugar mixture. Bake for an additional 7-8 minutes or until edges of chips are crispy.
5. Remove from oven and sprinkle with any leftover cinnamon sugar.

Nutritional information per serving:

Calories: 100	Carbohydrates: 22 grams	Food exchanges: 1 1/2 carb
Fat: 1 gram	Fiber: 2 grams	
Saturated fat: 0 grams	Protein: 1 gram	
Cholesterol: 0 mg		
Sodium: 3 mg		

For a demo of this recipe, and for more wellness information, visit [HenryFord.com/recipes](https://www.HenryFord.com/recipes)