

Fruit Salsa with Cinnamon Crisps

Yield: Serves 4 as a snack

Cinnamon Crisps Ingredients:

4 large whole wheat flour tortillas
¼ cup canola oil
½ cup sugar mixed with ½ teaspoon cinnamon

Fruit Salsa Ingredients:

1 teaspoon apricot preserves
1 teaspoon fresh lime juice
½ cup fresh (or canned) pineapple, cut in a small dice
1 apple, peeled, cut into small dice
8 strawberries, cut in a small dice
handful of fresh blueberries
4 – 5 mint leaves, cut into thin strips



- Step 1:** **Make the crisps:** Pre-heat oven to 350°F. Line two sheet pans with parchment paper. Brush both sides of the tortillas with canola oil. Sprinkle both sides with cinnamon sugar and cut into triangles. Arrange onto the sheet pan in a single layer and bake for 15 minutes – or until the color is golden and sugar has caramelized.
- Step 2:** **Prepare the salsa:** Stir together the apricot preserves and lime juice in a small bowl. Carefully fold in pineapple, apple, strawberries. Add blueberries and mint and fold gently. Serve with cinnamon crisps.