

Fruit Crisps (Fruit, Grain)



Ingredients:

- 2 whole grain flour tortillas
- 1 c chocolate chips
- cooking spray
- fruits of choice, diced – blueberries, raspberries, pineapple all work well

Directions:

1. Preheat oven to 350° F. Spray pan with cooking spray. Cut each tortilla into 8 triangular pieces.
2. Place the tortilla triangles on the greased cookie sheet. Spray the tortilla triangles with additional cooking spray.
3. Bake about 6 minutes then rotate the baking sheet and bake an additional 3 minutes. Let triangles cool.
4. Melt chocolate chips in the microwave, in 20-30 second intervals, stirring between.
5. Top each triangle with the mixed fruit pieces then drizzle chocolate over the top.

Makes 4 servings.



This message brought to you by
Tarrant County Public Health
<http://health.tarrantcounty.com>