



Picture Credit: Valentina Celant at The Baking Fairy

FRUIT NACHOS

Try this Tex-Mex classic with a sweet twist!

*Tip: Your child can help mix the fruits, sprinkle cinnamon and put the nachos together.

Serves: 4

Serving Size: approximately 7 nachos

WHAT YOU WILL NEED:

- 1 cup strawberries
- 1 large peach
- 2 kiwis
- ½ cup blueberries
- juice of 2 limes
- 1½ tbsp honey, (extra for topping)
- 4-5 soft flour tortillas
- parchment paper
- cinnamon

APPROXIMATE COST:

- Total cost: \$4.01
- Cost per serving: \$1.00

DIRECTIONS:

1. Preheat the oven to 350°F, and line a baking sheet with parchment paper.
2. Using a kitchen scissor, cut the tortillas in 6 equal wedges, then arrange in a single layer on the baking sheet.
3. Spray tortilla triangles with nonstick spray, and sprinkle with cinnamon and sugar. Bake 10-12 minutes until crisp and crunchy.
4. While the chips bake, make the salsa. In a medium bowl, whisk the lime juice with the 1 tbsp of honey.
5. Peel the kiwis and chop into small pieces.
6. Chop the other fruits into small pieces and mix with the lemon-honey mix and kiwis.
7. Once tortilla chips are done, arrange about half of them on a large plate, and top with some of the fruit salsa and half of the remaining honey.
8. Repeat the step 7.
9. Serve immediately or don't put the chips and salsa together until ready to serve and store them separately for up to 3 days in the refrigerator.

NUTRITION FACTS:

- Calories: 41 Cal
- Carbohydrates :11 g
- Protein:0 g