

December 2007

Sugar Cinnamon Tortilla Crisps

2 - 7" Whole Wheat Tortillas (low carb, 70 calories each) by Buena Vida®
6 tsp. Splenda® No Calorie Sweetener
2 tsp. Cinnamon
Butter flavored cooking spray

Preheat oven to 350 degrees. Using a pizza cutter, cut each tortilla into 16 triangles. Mix sweetener and cinnamon in a bowl. Spray cookie sheet with spray and lay tortilla chips on the sheet. Spray each tortilla with additional spray and sprinkle cinnamon mixture over crisps. Bake for 10 to 15 minutes until crisp. Store in an airtight container.

Total Calories: 161
Total Carbs: 26 g
Total Fat: 8 g
Total Protein: 8 g

