August 2017 Issue

Recipes

**Annie*’*s Fruit Salsa and Cinnamon Chips**

### Serves 10

Ingredients

* Two kiwis - peeled and diced
* 2 Golden Delicious apples - peeled, cored, and diced
* 8 ounces of raspberries
* 1 pound of strawberries -sliced
* 2 Tablespoons of sugar
* 1 Tablespoon of brown sugar
* 3 Tablespoons of fruit preserves, and flavor
* 10 (10 inch) flour tortillas
* Vegetable oil cooking spray
* 2 Tablespoons of cinnamon

Photo courtesy of Creative Commons.

**How to Make It**

1. In a large bowl, thoroughly mix kiwis, apples, raspberries, strawberries, white sugar, brown sugar and fruit preserves. Cover and chill in the refrigerator for at least 15 minutes.
2. Preheat oven to 350 degrees F (175 degrees C).
3. Coat one side of each flour tortilla with butter flavored cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray.
4. Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes. Serve with chilled fruit mixture.

**Sources:** Network, Food “Healthy Recipes" *Foodnetwork.com,* 26 Jan. 2017

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**Mango Oatmeal Breakfast Smoothie**

### Serves 4

**Ingredients**

#### ½ cup of orange juice

* ½ cup of frozen mango chunks
* ½ banana cup into chunks
* 1/3 cup plain yogurt
* ¼ cup of oats

Photo courtesy of Creative Commons.

**How to Make It**

#### 1. Blend orange juice, mango, banana, yogurt, and oats together in a blender until smooth.

**Sources:** Network, Food. "Healthy Smoothie Recipes."*Foodnetwork.com,* 26 Jan. 2017