



# Churro Chips

## Ingredients:

½ cup stevia sweetener  
1 tablespoon ground cinnamon  
Cooking spray  
3 large wheat flour tortillas  
1/2 cup dark chocolate chips

## Instructions:

1. Turn oven on to 400F.
2. In a small bowl, combine sweetener and cinnamon.
3. Spray each side of tortilla with thin layer of olive oil cooking spray.
4. Evenly coat both sides of tortillas with cinnamon sugar mixture. =
5. Cut tortillas into 8 wedges.
6. Place wedges in a single layer on cookie sheet lined with parchment paper.
7. Bake for 15 minutes, until crisp and lightly browned.
8. Melt dark chocolate in 30- second intervals in microwave, until melted.
9. Remove from oven and leave to cool 12-15 minutes.
10. Dip in chocolate sauce and enjoy!

## Variations:

- Use corn tortillas instead of flour for a heartier more rustic chip!
- Cut tortillas into any size and shape!
- Add ½ teaspoon ground cloves, ginger, and nutmeg.
- Add ½ teaspoon of ground chile pepper for spice!

**Prep Time:** 5 minutes

**Cooking Time:** 15 minutes

## Equipment:

Small bowl  
Cookie sheet  
Parchment paper  
Knife  
Oven

**Servings:** 3

**Serving Size:** 8 wedges



**Nutrition Facts:** 316 Calories, 16g Fat, 3 g Saturated Fat, 68 g Carbohydrates, 8 g Protein, 9g Fiber, 16g Sugar, 13mg Sodium.

Check out our blog at [www.cookingoncampus.arizona.edu](http://www.cookingoncampus.arizona.edu) to find past recipes and a list of upcoming classes!  
For more info about nutrition and what to eat on campus, go to [www.health.arizona.edu](http://www.health.arizona.edu), click Health Promotion, then Nutrition.

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