

Cinnamon Sugar Tortilla Chips with Fruit Dip

Ingredients:

- 2 flour tortillas 6 inch
- ¼ cup monk sugar or coconut sugar
- 1 tablespoon unsalted butter melted
- 1 teaspoon ground cinnamon
- Fresh in season fruit
- 1 cup yogurt (preferably plain or vanilla unsweetened)
- 2 teaspoons honey

Instructions:

1. In a medium bowl, combine the sugar and cinnamon, stirring together. Set cinnamon sugar mixture aside.
2. Lay tortillas flat, and then brush the top of each tortilla with melted butter.
3. Sprinkle cinnamon sugar over tortillas until well coated. Use a pizza cutter and slice tortillas into triangles.
4. Place them in a single layer into the air fryer basket lined with a sheet of parchment paper.
5. Air fry at 350°F for 6-8 minutes, or until they reach desired crispness. Shake basket halfway through the cooking process. Or, preheat your oven to 400° F and lightly grease a baking sheet. Bake the tortillas for 5 to 6 minutes until the chips are slightly crisp
6. Remove chips and place them on a wire rack to cool and remain crispy.
7. Dice, in season fruit, toss in a little honey
8. Serve fruit and yogurt garnished with cinnamon chips.

Nacho Kale Chips

Ingredients:

- 1 tablespoon nutritional yeast
- 1 ½ teaspoon of chili pepper powder
(use more if you like it extra spicy)
- 1 teaspoon of onion powder
- ½ teaspoon of cumin powder
- ½ teaspoon of sea salt
- ½ teaspoon of smoked paprika
- 2-3 bunches of kale leaves
- 1 tablespoon of avocado oil or ghee

Instructions:

1. In a small bowl, using a whisk, combine all seasoning ingredients.
Store in a container until ready to use.
2. Tear washed kale in 1-2-inch pieces
3. Brush kale with the oil cook and sprinkle season mix
4. Roast at 375° for 4-5 minutes
5. Sprinkle a little more season on top, then enjoy