

# HOMEMADE LOW-FAT CHIPS



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## Ingredients

Yield: 15 servings

- 16 corn tortillas
- Cumin Seasoning
- Chili Powder
- Garlic Salt or Powder
- Cajun seasoning if desired

## Directions

1. Cut tortilla stacks into 8 wedges.
2. Place wedges on a nonstick cookie sheet. Spray top of tortilla wedges with nonstick cooking spray. Season tortillas to preference.
3. Bake at 400 degrees for 10 minutes or until crisp, avoid over baking. Allow chips to cool for 5 minutes and then serve. Store leftover chips in covered, air sealed container and reheat in microwave for 30-40 seconds.

Tip: For low sodium recipe do not use garlic salt or Cajun Seasoning

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
15 chips	100	1 g	1 g	19 g	410 mg

(Calculated with 1 tbsp garlic powder, 2 tsp chili powder & ¼ tsp Cajun seasoning)

Carbohydrate Exchanges: 1 ½