

NACHOS WITH FRESH FRUIT AND CHOCOLATE



Ingredients

- A package of flour Tortillas (one tortillas per person)
4 Tablespoons ground Cinnamon 4 Tablespoons Honey or Agave Syrup
2 Tablespoons Sugar 2 Tablespoons melted Butter
2 Kiwi fruit, finely diced yields 1Cup 1 Cup Strawberries, finely diced
1 Pint fresh Blueberries 1 Cup Yogurt
(can substitute with frozen, drain extra juice off)
2 oz semi-sweet Chocolate, chopped or grated
1 mango, sliced

Optional: bananas



Directions

1. Preheat oven to 325 degrees F.
2. Finely dice fruits and chill in a refrigerator, if using fresh blueberries, wash them
3. Melt butter
4. Mix cinnamon and sugar together in a small cup or bowl
5. Lightly brush butter on one side of the tortillas, sprinkle with
6. 1/2 teaspoon of the cinnamon/sugar mixture,
7. When done stack all tortillas on top of each other and cut into Triangles. This will coat the bottom of each tortillas
8. Place on baking sheet and bake for 8-12 minutes or until crispy.
9. Cut mango, add to blender with yogurt, blend, remove from blender into a small cup/bowl, set aside
10. When nachos smell really good and are crispy, remove from oven, place on serving platter or big bowl
11. This mango/yogurt sauce replaces the "cheese" for nachos. Top nachos with mango yogurt sauce (I use a squeeze bottle- this sauce is great on ice cream as well)

Top the nachos with mango yogurt then with diced fresh fruit (kiwi – green, strawberries – red, blueberries – blue and any optional fruit you desire)

Feel free to top with chopped pecans, sliced almonds, or other nuts of choice. There is also grated/shaved chocolate. How about some coconut or combination of dried fruits? – be creative!

Top all of that off with either honey or Agave syrup.

Serve immediately

Officer Andy's Safety Corner

