



### Fruit Salsa

- 1 lb. chopped strawberries
- 1 finely chopped apple
- 3 chopped kiwi
- 1/2 lime
- Optional:
  - 1 Tbsp. chia seeds

Stir all the fruit together in a bowl and squeeze the lime over all. Sprinkle in the chia seeds and stir everything together.

### Cinnamon Chips

Make your own tortillas or use ready made tortillas. Brush oil over each tortilla and sprinkle with a mixture of 3 parts cinnamon 1 part sweetener of choice (I have used xylitol, monk fruit and stevia powders, all have tasted great). Cut into wedges with a pizza cutter and bake at 350 for 10-20 minutes, depending on how crispy you want them.