



# Get Up & Move!

## Dessert Nachos

- 6 6-inch flour tortillas (whole wheat may be used)
- 5 cups fresh strawberries, divided
- 2 tablespoons orange juice
- 3 tablespoons sugar, divided
- ¼ teaspoon ground cinnamon
- 16 ounces low fat vanilla yogurt
- 1 cup shredded coconut

Make tortilla chips: Cut tortillas into triangles, lay them on a baking sheet, and spray with cooking spray. Combine 2 tablespoons of sugar and cinnamon, sprinkle evenly over the tops of the tortillas and bake for 12 minutes or until crisp at 350°F.

Strawberry sauce: Combine 3 cups of fresh strawberries, cleaned and hulled, 2 tablespoons orange juice and 1 tablespoon sugar in a blender. Puree the ingredients until smooth.

To serve: Place cooled chips on a plate. Set out separate bowls containing strawberry sauce, vanilla yogurt, 2 cups of chopped strawberries and 1 cup of shredded coconut. Individuals may prepare and enjoy their own Dessert Nachos.

Serves 10.

### Nutrition Facts

Serving Size (153g)		Servings Per Container 10	
<b>Amount Per Serving</b>			
<b>Calories</b> 160	<b>Calories from Fat 45</b>		
<b>% Daily Value*</b>			
<b>Total Fat</b> 5g	<b>8%</b>		
Saturated Fat 3.5g	<b>18%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 125mg	<b>5%</b>		
<b>Total Carbohydrate</b> 26g	<b>9%</b>		
Dietary Fiber 2g	<b>8%</b>		
Sugars 18g			
<b>Protein</b> 4g			
Vitamin A 0%	• Vitamin C 80%		
Calcium 10%	• Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

