

RECIPE

Baked Cinnamon Apple Chips

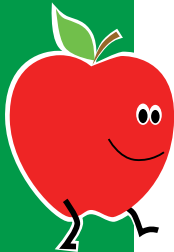
Start to Finish: 2 hours Servings: 4

Ingredients:

2 Golden Delicious apples
1 teaspoon cinnamon

Directions:

1. Preheat oven to 225 F.
2. Line two baking sheets with parchment paper. Slice apples with a mandoline or sharp knife and arrange the apple slices in a single layer.
3. Sprinkle the apple slices with a 1/2 teaspoon of cinnamon and bake for 1 hour. Flip the apple slices and sprinkle with the remaining cinnamon. Bake for 1 more hour.
4. Apple chips will crisp up once they have cooled completely.



Nutrition Information Per Serving:

42.5 Calories; 0 g Total Fat; 0 g Saturated Fat; 0 g Monounsaturated Fat; 0 mg Cholesterol;
3.2 g Fiber; 0 mg Sodium; 8.6 g Sugars; 12.2 g Carbohydrates; 0 g Protein; 5 mg Potassium