

Title: Cinnamon Apple Chips

<u>Code</u>
GF, DF, V, \$

<u>Nutrition Facts:</u>	
Yield	4
Calories	80
Total Fat	0g
Sat Fat	0g
Sodium	1mg
Added Sugar	1g
Fiber	4g
Protein	0g

Ingredients Needed:

- 4 Apples, Cored and Thinly Sliced
- 1-2 tsp Ground Cinnamon
- 1-2 tsp Granulated Sugar
- Cooking Spray



Recipe Directions:

1. Add the sliced apples to a large bowl; then coat the apples with the cinnamon and/or sugar.
2. Spray a baking sheet with cooking spray and line the apples flat on the pan. You may need to use two pans so that they are not overlapping.
3. Bake 2-3 hours until the chips are dry, yet still soft. Allow to cool completely before placing them in an air tight container for up to 4 days.