



Baked Apple Chips

INGREDIENTS

2 sweet apples
1 teaspoon cinnamon

DIRECTIONS

Preheat oven to 200°F. Line 2 baking sheets with parchment paper and set aside.

Wash apples and remove the core, stem and seeds with an apple corer, small cookie cutter or paring knife. Using a mandolin or very sharp knife, slice apples into 1/16-inch-thick rounds. The thinner they are, the faster they will cook and the crunchier they will be. Arrange slices on the parchment paper in a single layer. Make sure they do not overlap. Sprinkle very lightly with cinnamon.

Bake for 1 ½ hours. Flip each apple chip over and bake for an additional 1 – 1 ½ hours until slices begin to brown and curl at the edges. Remove from oven and let cool. Makes approximately 30 apple chips; 7 calories each.