



Apple Chips

Makes 6 Child Sized Portions

Preparation time: 10 minutes

Cooking time: 3 hours

Preheat oven to 250 °F (120°C)

Common allergens: none

Nutrition Information

Calories	69.7 calories
Total Fat	0.1 g
Saturated Fat	0.0 g
Sodium	0.8 mg
Carbohydrate	18.4 g
Fibre	1.6 g
Sugar	15.5 g
Protein	0.2 g

Equipment List

- Sharp knife
- Baking pan
- Apple corer
- Parchment paper or cooking spray

What You Need

INGREDIENTS	AMOUNTS	METRIC
Apples, medium	3	
Cinnamon sugar:		
Sugar	¼ cup	60 mL
Cinnamon	½ tbsp.	8 mL

Instructions

1. Wash and core the apples using an apple corer. If you do not have an apple corer, use a knife.
2. Slice off ¼ inch of the top and bottom of the apple and discard. Slice the remaining apple to 1/8 inch thick.
3. Spread the apple rings out onto two parchment-lined baking sheets. Try to avoid overlapping the rings. Sprinkle lightly with cinnamon sugar.
4. Bake for approximately three hours, rotating once or twice. Start checking on them around two hours. They may be slightly pliable out of the oven, but should crisp up when cool.



Store in an airtight container at room temperature.

Recipe taken from simplebites.net