

Baked Cinnamon-Apple Chips

Prep Time: 10 minutes | Cook Time: 120 minutes

Servings: 4 | Serving Size: ¼ of recipe



This is the ultimate healthy snack with no added sugar! Perfect for on the go and kids lunches – these are sure to be your favorite new treat!

Ingredients:

2 large organic apples of choice

Ground cinnamon to taste*

Directions:

1. Preheat your oven to 220 degrees and line two baking sheets with parchment paper or a silicone baking mat.
2. Cut the apples into thin slices. I like to use a mandolin here to get very thin slices so they all cook evenly; thick slices will yield not so crisp chips.
3. Spread the apple slices onto the baking sheets, do not overlap any edges.
4. Sprinkle cinnamon and/or ginger on top evenly as desired – I like to be generous here 😊
5. Bake in the oven for 60 minutes; then flip the slices over and bake for another 60 minutes.
6. When chips are browned all over, pull them out of the oven and allow to cool on wire racks for about 15-20 minutes. FYI - They will still be soft when you pull them out, but as they cool, they firm up into crisp chips.
7. Store in an airtight container on the counter-top for up to one week.
8. Enjoy!

Tips and Tricks:

*You can also add or substitute ground ginger here as well for a slightly different flavor profile.

Nutritional Information Per Serving:

Calories: 39.1
Fat: 0.1 g
Cholesterol: 0.0 mg
Sodium: 0.0 mg
Total Carbohydrate: 9.5 g
Dietary Fiber: 1.7 g
Sugars: 7.2 g
Protein: 0.2 g