

# Apple Chips

## Ingredients:

2-3 Apples  
Cinnamon (to taste)



Directions: Preheat oven to 225 degrees F. Wash and dry apples and slice very thin (using a food processor attachment or mandolin will help make uniform slices more quickly). Place apple slices on parchment-lined baking sheets and bake 1.5-2.5 hours until apples are dried out. Apples will crisp up after briefly cooling off.

Notes: The trick to crispy apple chips is to slice them very thin and cook them low and slow. Store in an airtight container for up to a week. If they begin to wilt, you can put them back in the oven briefly to dry them out.



Recipe by: Elizabeth Michaels, RD, CDE

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**Nutrition Information per serving  
(Per ~1/3 recipe or 1 apple):**

**Calories: 95**

**Fat: 0 grams**

**Carbohydrates: 25 grams**

**Fiber: 4.5 grams**

**Protein: 0.5 grams**

**Sodium: 2 mg**

**Compare  
Potato Chips(1 oz):**

**Calories: 152**

**Fat: 10 g**

**Carbs: 15 g**

**Fiber: 1 g**

**Protein: 2 g**

**Sodium: 300 mg**

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