



September 17- Apple Chips

Smart Snack

Link: <http://www.wholeliving.com/185440/apple-chips>

Recipe

Ingredients:

2 apples, sliced crosswise 1/8-inch thick, seeds removed
 1 Tablespoon cinnamon

Directions:

1. Heat oven to 225°F. Arrange apple slices on two parchment-lined baking sheets and bake for 1 ½ hours.
2. Flip, then continue baking until crisp, about 1 hour more. Remove and let cool completely. Chips keep, stored in an airtight container, 1 week.

Yield 2 servings

Nutrition Facts	
Serving Size 20 chips (185.9g)	
Servings Per Container 2	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 6g	26%
Sugars 19g	
Protein <1g	1%
Vitamin A 2%	• Vitamin C 15%
Calcium 4%	• Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.