

Healthy Snack of the Day: Apple Chips

Ingredients:

- ★ 2 apples
- ★ Sugar
- ★ Cinnamon



Steps

1. Gather all ingredients
2. Preheat oven to 200 degrees
3. Thinly slice apples
4. In a large bowl, toss apples with sugar and cinnamon
5. Place a cooling rack onto a baking sheet.
6. Lay the apple slices onto the cooling sheet, making sure that no apples overlap— the baking sheet below is to catch drips!
7. Bake for 2-3 hours, flip the apples half way though
8. Bake until the apples have dried but are still pliable
 - ★ Apples will crisp more as they dry
9. ENJOY!