

Cinnamon Sugar Baked Apple Chips

**STUDENT
HEALTH
& WELLNESS**

Ingredients

- 2 Golden Delicious apples or other tart/baking apple
- 1/8 teaspoon ground cinnamon
- 1 teaspoon sugar

Directions

1. Preheat oven to 225°F
2. Stir together cinnamon and sugar to combine. Set aside.
3. Slice apples thinly with a mandolin slicer. Line two sheet pans with parchment paper, and place apples side by side in a single layer, making sure they do not overlap
4. Bake apple slices for 1 hour, remove from oven and flip over slices. Return slices back into the oven for another hour then turn the oven off. Let apple chips cool completely in the oven
5. Once they have cooled, enjoy!



Makes 2 servings

Nutrition information per serving :

*106 calories, 0 g fat, 0 g protein,
25 g carbohydrates, 3 mg sodium*