

BAKED APPLE CHIPS

Looking for some Super Bowl baking inspiration or just a delicious, healthy snack? Homemade apple chips are a great way to feed a crowd and are packed with plentiful nutrition. Apples contain dietary fiber, as well as a variety of phytochemicals, such as quercetin, being studied for its anti-inflammatory properties.

Makes 8 servings.

Per Serving: 60 calories, 0 g total fat, 17 g carbohydrate, 0 g protein, 3g dietary fiber, 0 mg sodium.

INGREDIENTS

4 large apples (any variety)
2 tsp. cinnamon
1 Tbsp. granulated sugar

DIRECTIONS

Slice apples horizontally into very thin rounds, using a sharp knife or mandolin (remove any seeds that do not fall out as you cut). Lay the slices in a single layer on parchment paper, and sprinkle lightly with the cinnamon sugar (combined). Bake at 250°F for 1 hour, flip slices, and bake for an additional hour (2 hours total). Chips will continue to crisp up as they cool.

*Tip: Don't peel your apples! The peel contains a third or more of its cancer-fighting phytochemical compounds.

