



# Apple Chips

Makes 2 servings | **Fruit**

## Ingredients

- 2 Tablespoons sugar
- 2 teaspoons cinnamon
- Pinch of ground cloves
- Pinch of nutmeg
- 2 large apples, such as Granny Smith
- Nonstick spray

## Directions

1. Wash hands with warm soapy water for 20 seconds.
2. Preheat oven to 325°F.
3. Spray a cooking sheet with nonstick spray.
4. Stir together sugar and spices in a small bowl.
5. Wash, dry, and slice apples into very thin slices. You should be able to see your knife through the slice.
6. Sprinkle both sides of the slice with the sugar and spice mixture and lay flat on the baking sheet.
7. Bake for 45-60 minutes, or until apples are dry to the touch. Flip halfway through cooking. When the texture is like leather, the chips are done.
8. Remove from the baking sheets and cool. Store for up to 1 week.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyo.cnpp.org/wrir/>  
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