

CINNAMON APPLE CHIPS

INGREDIENTS:

- ❖ Apples (medium) 7 – 8 ea
- ❖ Sweetener of choice 1 TBSP
- ❖ Cinnamon oil 6 drops

METHOD:

1. Preheat oven to 225°
2. Line cooking 2 sheets with parchment paper.
3. Combine sugar and Cinnamon oil into a small bowl.
4. Stir to combine.
5. Slice apples into thin slices.*
6. Place apples onto parchment covered baking sheets in a single layer.
7. Sprinkle apple slices with cinnamon sugar mixture.
8. Place baking sheets in preheated oven for 45 minutes – 1 hour. Flipping the apples halfway.
9. When edges of the apples are curled, take out of oven and place on a wire rack until cooled and crispy.
10. Enjoy!

Note:

- ✚ Use a mandoline for best results.

