

# SWEET APPLE CHIPS

AMBER ACT/SA / EVERYDAY NSW

Makes 16 serves

## Ingredients:

- 8 apples, washed
- 2 tablespoons cocoa
- 2 tablespoons cinnamon
- 2 tablespoons honey

## Method:

1. Preheat oven to 100 °C.
2. Slice each apple into thin rings by turning apples on their side to cut. Don't worry about coring them – just pop out the seeds!
3. Place the apple rings onto lined baking trays.
4. Heat honey in the microwave for 10 seconds, then drizzle honey over the apples (if you have a pastry brush, you could use this instead).
5. Using a sieve, dust the apple rings with cinnamon and cocoa.
6. Place trays in the oven and bake for 1 hour.
7. Remove trays from the oven, flip each apple ring over, then place back in oven to bake for another hour. Rotate trays if needed.
8. Remove baked chips from oven and let them sit for 5 minutes to cool and crisp before removing from tray.
9. Serve approximately 5 apple rings as a snack.

## Tips:

- Even if the apples you are using are bruised – keep the skin on! This adds some colour to the chips, and you won't be able to tell they are bruised after they are baked.

## Nutrition information:

	Per serve (87g)	Per 100g
Energy (kJ)	270	311
Protein (g)	0.46	0.52
Fat – total (g)	0.17	0.2
Saturated (g)	0.1	0.12
Carbohydrates – total (g)	13.8	15.8
Sugar (g)	13	15
Sodium (mg)	4	4.6
Fibre (g)	2.7	3.1