

# Harvest of the Month

## APPLES

### CINN-FUL APPLE CHIPS

*These sweet-tart treats are bursting with cinnamon flavor*

#### INGREDIENTS:

- 2 large apples
- ½ c. lemon juice
- 2 Tbsp. granulated sugar (or substitute)
- 1 t. cinnamon
- ½ t. nutmeg

Rinse apples and cut into thin slices. The thinner you cut them the crunchier they will be. Aim for about 1/8in thick. Remove seeds/core after cutting. Toss the apple slices with a lemon juice. Lay them on a baking sheet closely together but not overlapping.

Arrange apple slices in a single layer on a parchment lined baking sheet. Sprinkle lightly with cinnamon sugar.

Bake at 200 F for about 2 hours or until apples are dry and crisp. Flip apples over after the first hour.

Pull out a chip and test. If crispy, remove all from oven and let cool. A food dehydrater can also be utilized.

Store in an airtight container for up to 3 days.

Makes 2 servings (12 chips each). Nutrition info/Serv.:

Approx. 110 Cal, 0g fat, 31g Carb, 4g Fiber, 0g protein

Note: Crisp apples work the best. Ambrosia, Honeycrisp, Fuji, Pink Lady, and Gala apples are favorites. These are sweeter so you'll end up with sweeter apple chips.

More recipes [www.BRMH.net/recipes](http://www.BRMH.net/recipes)



[www.jacksoninaction.org](http://www.jacksoninaction.org)



**B-WELLthy Choices.**

Good taste. Good health.



Photo: Katie Schmidt

### Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(160g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 25g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 0mg	0%
Potassium 165mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.