

# NOURISH

*holistic health & nutrition*

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## *Cinnamon Apple Chips*

Servings: 4

Vegan and GF

### **Ingredients:**

4 Apples, cored and sliced 1/8" thick

1-2 tsp. ground cinnamon

1-2 tsp. coconut sugar (if desired)

Cooking spray

### **Directions:**

Preheat oven to 200 degrees

In a large bowl, coat the apple slices in the cinnamon and/or sugar

Spray a baking sheet with cooking spray and lay the apple slices flat, without overlapping

Bake 2-3 hours until the apple slices are dry but still soft. Cooking time may differ depending on the thickness of the apple slices

Allow apple chips to cool completely before storing them in an airtight container