



Makes 40 chips

Preparation Time: 2 hours 15 minutes

Cook Time: 15 minutes

INGREDIENTS:

2 large unpeeled apples, such as Braeburn, Jazz, Pink Lady, or Gala, cored

¼ cup date sugar

½ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

Baked Apple Chips

These Baked Apple Chips are a naturally sweet anytime snack. Be sure to cut the apple slices as thin as possible so you get nicely crisp chips. You can core the apples before you slice them, or leave the cores intact for a more rustic look. (The core is safe to eat, but do remove the seeds: They contain amygdalin, a compound that releases a small amount of cyanide if chewed or digested. You'd have to chew a lot of apple seeds to make yourself sick, but don't risk it.)

By Nancy Macklin, RDN

- 1** Preheat oven to 200°F. Line two large baking sheets with parchment paper.
- 2** Using a mandoline or serrated knife, cut apples crosswise into ⅛-inch-thick slices. Arrange slices in a single layer on the prepared baking sheets. In a small bowl stir together sugar, cinnamon, and nutmeg. Sprinkle apples with half of the sugar mixture and, if desired, brush with a pastry brush to cover evenly. Turn apples and repeat with the remaining sugar mixture.
- 3** Bake 2 to 2½ hours or until crisp, turning apples and rotating pans every 30 minutes. Cool on wire racks. Store in an airtight container at room temperature up to 1 week.