

Apple Chips

Ingredients

- 1 apple
- dash of cinnamon
- stevia to taste

Directions

1. Slice apples thinly.
2. Coat with Stevia and cinnamon.
3. Place in a dehydrator or bake at 325 degrees until chewy and a little crispy.

Makes 1 serving (1 fruit)
0.5 gram protein
0 fat
85 calories

