

# Baked Apple Chips

## Ingredients

2 large apples  
cinnamon (optional)



## Instructions

1. Rinse apples and cut crosswise into thin slices. Cut out the core if desired.
2. Arrange slices in a single layer on baking sheets. Sprinkle lightly with cinnamon if desired.
3. Bake at 200 degrees for about 1 hour. Turn slices over. Continue baking until dry with no moisture in the center, 1 hour or more depending on thickness.
4. Remove from oven and cool. Store in an air-tight container for up to a year.

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*Material was funded by USDA'S Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the DSHS Community office at 877 501 2233; or go to <http://foodhelp.wa.gov>. USDA and WSU are equal opportunity providers and employers.*



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# Chips de Manzana al Horno

## Ingredientes

2 manzanas grandes  
lataela (opcional)



## Instrucciones

1. Enjuague las manzanas y corte transversalmente en rodajas delgadas. Quite el corazón si desea.
2. Arregle las rodajas en una sola capa en una bandeja para hornear. Espolvoree ligeramente con canela si desea.
3. Cocine a 200 grados por aproximadamente 1 hora. Voltee las rodajas. Siga horneando hasta que estén secas sin humedad en el centro, 1 hora o más dependiendo del grosor.
4. Saque del horno y enfríe. Guarde en un recipiente hermético por hasta un año

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