

Apple Chips



Plan Z Phase: This is a Z2 (ZReduction) and Zola to GO! recipe from the creative mind of ZTeam member, Jen. When we were at lunch the other day, Jen mentioned how dieters miss their crunch. She wondered if we could come up with a recipe for apple chips.

I will tell you they worked. They are crunchy if you eat them quickly. If you let them sit overnight they become chewy. Still good but not crunchy.

With this recipe be careful with your portions. Be sure not to eat too many.

I like the ones cut with the apple placed on its side. I feel those look the most like potato chips. The rings are fun, too. Use any kind of apple. I used Granny Smith for the chip style and Golden Delicious for the rings.

Servings: Serves 2, serving size one apple maximum

Ingredients:

- 2 apples. Don't bother to peel them.
- 2 tsp of ground cinnamon mixed with

- 2 tsp of Truvia

Instructions:

Preheat oven to 250 degrees.

You'll want to slice your apples very thin or they won't get crunchy. To do this I used my mandolin slices and set it on level 1 which is the thinnest setting. Without a mandolin slicer, this will be tricky but you can get them fairly thin by hand, too.

Take out 2 cookie sheets. Cover each of them with a piece of parchment paper. Without the parchment paper, the apples will stick terribly.

Place your apple slices on the paper. Try not to have them touch each other unless you don't mind them sticking together, but they are easy to pull apart. Each cookie sheet will probably hold one apple portion.

Sprinkle the top side with the flavor mixture. I put mine in a leftover shaker jar so it sprinkled on very evenly. Don't worry if it's a bit messy. They will still taste great.

Put the cookie sheets in the oven and bake for 2 hours. Watch them for the last few minutes to make sure they don't burn.

Serve hot or cold.

I can see all kinds of flavors. You can use nutmeg for another sweet flavor. You can use cumin for an East-Indian version, use cayenne for a spicy version. You can even use the barbecue rub and make barbecue-flavored apple chips. Use your creativity to find flavors you love.

Enjoy!

Cheers,