



Healthy Baked Apple Chips with Maple-Almond Yogurt Dip

Prep: 15 minutes

Bake: 2 hours • Serves: 4

- 1. Apples:** Preheat oven to 225°; line 2 rimmed baking pans with parchment paper. Thinly slice 2 Fuji or Gala apples crosswise; place in single layer on prepared pans.
- 2. Cinnamon:** Sprinkle 1½ teaspoons ground cinnamon over apples; bake 2 hours or until crisp, rotating pans and turning apples once. Makes about 40 chips.
- 3. Yogurt:** In medium bowl, add 1 cup plain nonfat Greek yogurt.
- 4. Almond Butter:** Add ¼ cup almond butter.
- 5. Maple Syrup:** Stir in 2 tablespoons maple syrup; serve with apple chips. Makes about 1¼ cups.

*Approximate nutritional values per serving (10 chips, ¼ cup dip):
205 Calories, 9g Fat (1g Saturated), 3mg Cholesterol, 59mg Sodium,
24g Carbohydrates, 4g Fiber, 18g Sugars, 9g Protein*

Chef Tip

A mandolin is great tool to thinly slice the apples.

Dietitian's Dish

- > Apples are a good source of vitamin C, antioxidants and fiber, which should help with immunity and gut health. Some believe a healthier gut will improve overall health and wellness. Whether that is proven or not, there's no downside to eating more apples.