Apple Chips

Ingredients

- 1 apple
- dash of cinnamon
- stevia to taste

Makes 1 serving
(1 fr∪it)
0.5 gram protein
0 fat
85 calories

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.





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