

# APPLE CHIPS

Yield: 8 Servings



**TOTAL TIME:** 1 hour 10 minutes

## INGREDIENTS

- 2 cups sugar
- 2 cups water
- 2 vanilla beans
- 2 medium (about ½ lb.) Fuji or Jonagold apples, cored, sliced ¼-inch thick

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## PREPARATION

Preheat oven to 225 degrees.

1. Combine sugar, water and vanilla beans in medium saucepan. Bring to boil, reduce to simmer. Let simmer about 2 min. Remove from heat; cool.
2. Dip apple slices into cooled sugar mixture, arrange on parchment paper-lined cookie sheet.
3. Bake on center rack of oven for 50–60 min., or until apples turn light brown in color. Remove; let stand 1 min. to crisp.

## NUTRITION

**Per serving:** Calories: 80; Fat: 0 g; Cholesterol: 0 mg; Carbohydrates: 21 g; Protein: 0 g; Fiber: 3 g; Sodium: 299 mg.

Recipe courtesy of Wegmans