



Apple Rings

Turn juicy red apples into a soft and chewy snack. These oven baked apple rings soak up great flavors like cinnamon and ginger. One serving of this provides about 6.5g of fiber making you full for longer!

Serves: 1

Serving Size: 1 apple

Ingredients

- 1 extra large apple (Honeycrisp, Pink lady, Braeburn, and Fuji work well)
- ¼ tsp ground cinnamon
- ⅛ tsp ground ginger
- pinch of ground cloves

Directions

1. Preheat oven to 225°F and line baking sheet with parchment paper.
2. Wash and dry apple. Place apple on its side. Using a sharp knife, slice horizontally across the apple into even, round ⅛ - ¼ inch slices, like a ring.
3. Combine the spices in a bowl. Sprinkle spices over the apple rings and use your hands to gently toss to coat.
4. Transfer apples to the baking sheet. Bake apples for 60-90 minutes, or until they're dried and shriveled, but still tender and soft.

Chef's Note: Make a healthy dipping sauce with a mixture of vanilla low fat Greek yogurt and honey for the ultimate pairing!

Nutrition Info per serving:

Calories: 19, Saturated Fat: 0.2g, Sodium: 67.7mg, Added Sugars: 0g, Fiber: 6.5g

Recipe adapted from: <https://ohmyveggies.com/soft-and-chewy-spiced-apple-rings/>