



Aunty
Roszy®



Incredible Edible Reciplease

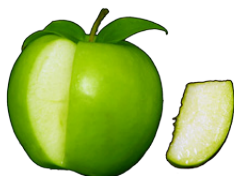
The Incredible Edible

A is for Awesome Apple Chips

These are great to add to your cereal, take to school as part of your lunch box or enjoy in the afternoon for a snack. You can have these anytime!

Ingredients

- 1 x 3 second spray oil
- 4 of your favourite fresh apples halved and cored
- ½ teaspoon of ground cinnamon
- 2 tablespoons of Castor sugar



This is how we do it

1. Preheat the oven to 160°C.
2. Spray 2 baking trays with oil
3. Get an adult to slice the apples very thinly with a very sharp knife.
4. Combine cinnamon and castor sugar in a small bowl. In a single layer place the apple slices on the baking trays and sprinkle with cinnamon mixture.
5. Bake them in the oven for 30-45 minutes or until crisp and light brown.

Note: These will store in an airtight container for 1-2 weeks but may go soft after that. If there are any left – you can always re-bake them in a 160°C oven for 30 minutes. This will make them crisp again!

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