



HEALTHY RECIPE OF THE WEEK



INGREDIENTS

Recipe makes 4 servings. Adjust ingredients to your class size.

Macintosh Apples (x4)

114-102 each \$0.79

Ground Cinnamon (2 tsp)

103-911 454gr \$9.99

Sugar (optional) (1 tsp)

101-320 2kg \$4.05

Parchment Paper

115-136 100m roll \$41.99

Avron offers all the ingredients needed to make this simple and nutritious recipe!

APPLE CINNAMON CHIPS

A sweet, crisp, nutritious treat to enjoy during the autumn weather.

INSTRUCTIONS

- Preheat oven to 200 degrees Fahrenheit.
- Core your apples. Slice them into very thin slices. (Thinner slices will yield crispier chips, thicker slices will make softer ones) Add the sliced apples to a large bowl; then coat the apples with the cinnamon and/or sugar.
- Line baking sheet with parchment paper; then line the apples flat on the pan. Use multiple pans if needed to avoid overlapping.
- Bake 2-3 hours until the chips are dry yet still a bit soft.
- Allow to cool completely before placing them in an air tight container for up to 4 days.

YOUR ONE STOP SHOP!

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