

Cinnamon Apple Chips with Almond Yogurt Dip

INGREDIENTS

- 1 8 oz. apple (like Fuji or Honeycrisp)
- 1 tsp. ground cinnamon
- 2 teaspoons oil (canola or olive)
- cooking spray
- 1/4 cup plain low-fat Greek yogurt
- 1 Tbsp. almond butter
- 1 tsp. honey

SERVING SIZE: 6-8
SLICES, SERVES 4
TIME: 25 MINUTES



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PROCEDURE

1. Thinly slice apple on a mandolin or with a knife. Place slices in a bowl with cinnamon and oil; toss to coat evenly.
2. Coat air fryer basket with cooking spray. Place 7 to 8 apple slices in single layer in basket, and cook at 375° F for 12 minutes, turning the slices every 4 minutes and rearranging slices to flatten them. Slices will not be completely crisped, but will continue to crisp upon cooling. Repeat with remaining apple slices.
3. While apple slices cook, stir together yogurt, almond butter, and honey in a small bowl until smooth. To serve, place 6 to 8 apple slices on each plate with a small dollop of dipping sauce.



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