

APPLE CRISPS



QUICK

Less than 10
mins

HEALTHY

Dried apples contain a lot of fibre; as well as helping to keep you regular, fibre slows digestion and helps keep you feeling fuller for longer

FAMILY

This is a great for a snack at school, work, in the car or anywhere!

MEALS

This a great way to use up apples that are past their best.

INGREDIENTS

- 1 bag apples – 5-6 apples can fill 2 trays

METHOD

1. Put the oven onto 50°C - yes that's correct...very, very low
2. Wash and core the apples
3. Cut them into thin slices
4. Lay in a single layer on the tray
5. Put in the oven overnight
6. They won't last long!



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com