

Homemade Cinnamon Apple Chips - The Healthier Snack You'll Crave Daily

Homemade Cinnamon Apple Chips: Light, Crunchy, and Naturally Sweet



OVEN
200°F

TIME
15 min

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INGREDIENTS

4 McIntosh apples, cored and sliced 1/8 to ... inch thick

2 tsp ground cinnamon

1 tsp granulated sugar (optional)

Cooking spray or parchment paper

Ingredient Tips & Swaps:

Apple Type: McIntosh is great for flavor and texture, but Honeycrisp, Fuji, or Gala work beautifully too.

No Sugar Needed: The apples are naturally sweet-skip the sugar if you prefer a clean, fruit-only snack.

Add Spice: A pinch of nutmeg or cardamom adds a deeper fall flavor.

DIRECTIONS

- 1.** Preheat the Oven: Set your oven to 200°F (93°C). This low temperature helps slowly dehydrate the apples without burning them.
- 2.** Slice & Season: Core and thinly slice apples into 1/8 to ...-inch rounds. In a large bowl, toss apple slices with cinnamon and sugar (if using).
- 3.** Arrange on Baking Sheet: Line baking sheets with parchment paper or spray lightly with cooking spray. Lay the apple slices in a single layer-don't overlap.
- 4.** Bake Low & Slow: Bake for 2 to 3 hours, flipping once halfway through, until apples are dry but still a little flexible.
- 5.** Cool & Store: Let chips cool completely to crisp up. Store in an airtight container for up to 4 days.

TIPS FOR SUCCESS

Slice Evenly: Uniform slices = even baking.

Low Temp is Key: Don't rush the baking-high heat will burn them.

Cool Completely: Chips will crisp as they cool-don't skip this step.

Batch It: Make extra and store them for healthy snacking all week.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/homemade-cinnamon-apple-chips-the-healthier-snack-youll-crave-daily/>