

Apple chips &



Crunchy chickpeas

Apple chips

Ingredients:

- Apple
- Cinnamon
- Sugar

1. Ask an adult to help you thinly slice the apple to make thin circle apple 'chips'. Slice the apple from the bottom.
2. Place apple circles on a baking sheet covered with parchment paper.
3. Mix sugar and cinnamon together in a small bowl and dust the apple circles evenly.
4. Bake at 200 F for 1 hour.
5. Flip the apple slices and bake for 1 more hour.
6. Test if the chips are dry. If not, bake for 15 more minutes.
7. Enjoy as a delicious healthy snack :)

Lime-Pepper Chickpeas

Ingredients:

- Chickpeas
- Lime
- Pepper
- Oil

1. Preheat the oven to 400 F. Drain, rinse and pat dry the chickpeas.
2. Line a baking sheet with aluminum foil and spread chickpeas in a single layer. Drizzle with olive oil. Roast for 30 minutes.
3. Make seasoning: Squeeze lime juice and mix with pepper in a bowl.
4. Remove from the oven and coat with seasoning (other seasoning options include smoked paprika & cumin, cinnamon & sugar, turmeric & ginger)
5. Place back in the oven for 10 minutes or until crunchy
6. Enjoy a protein-packed snack :)