

APPLE FRIES

Ingredients:

- 2 Apples, sliced
- 1 tablespoon Olive Oil
- 2 tablespoons Graham Cracker Crumbs
- 1 teaspoon Sugar
- 1 teaspoon Cinnamon

Serving Size: 1 Apple

Yield: 2 servings

Nutrition Facts: 176 Calories, 8g Fat, 1g Sat. Fat,
0mg Cholesterol, 37mg Sodium, 29g CHO,
4g Fiber, 20g Sugar, 2g Added Sugar, 0g Protein

Allergen: Wheat

Vegan

Instructions:

1. Place apple slices in a bowl and drizzle with olive oil. Mix well.
2. Sprinkle graham cracker crumbs in the same bowl and coat each apple slice.
3. Arrange coated apple slices in an air fryer basket or in a single layer on a baking sheet.
4. Combine sugar and cinnamon together.
5. Sprinkle apple slices with cinnamon-sugar mixture.
6. Bake in an air fryer for 5 minutes at 425°F or oven at 350°F for 15 minutes.
7. Enjoy!



Fresh

THE FAMILY DIFFERENCE IN HOSPITALITY SERVICES



Rev. 08/03/2021