



Alternatives to Crisps: Cinnamon Apple Chips

Ingredients

apples

spray cooking oil

brown sugar

cinnamon

Equipment

chopping board

knife/apple corer

kitchen roll

greaseproof paper/
parchment paper

baking tray

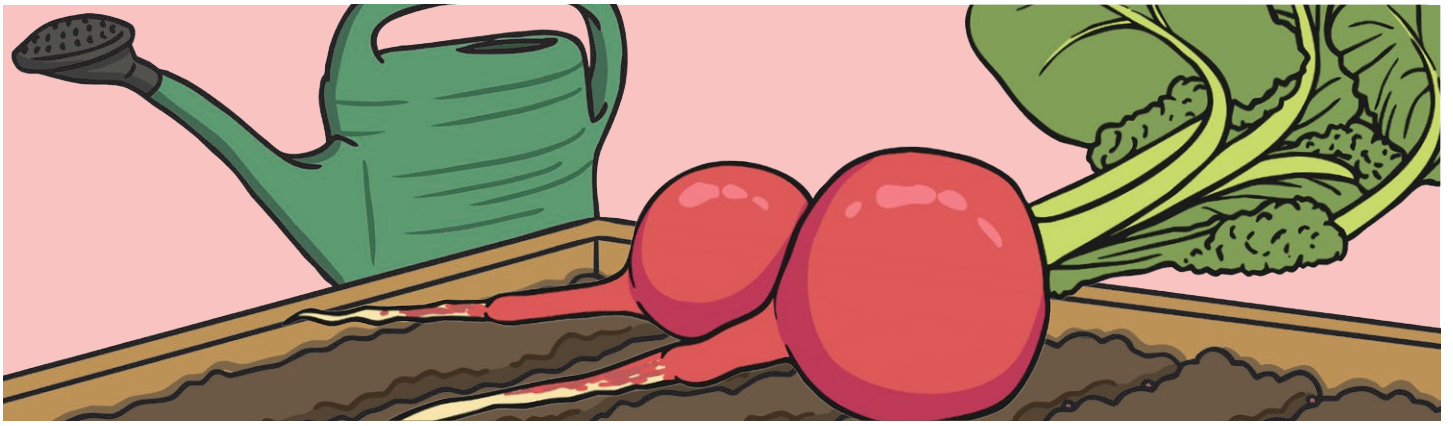
tongs/spatula

Method

1. Pre-heat the oven to 150°C.
2. Carefully line a baking tray with greaseproof paper or baking parchment and set aside.
3. Core the apple and finely slice using a sharp knife or mandolin cutter on the grater.
4. Sandwich the slices between two pieces of kitchen roll to absorb some of the moisture in the fruit.
5. Leave to dry for about 45 minutes.
6. Place the slices on your baking tray.
7. Lightly spray with cooking oil and season with brown sugar and cinnamon.
8. Bake for 20-25 minutes before removing from the oven to turn each slice over using tongs or a spatula.
9. Return to the oven and continue to bake for a further 25 minutes or until crisp.
10. Remove from the oven and allow to cool.

Fruit chips are lovely with a dollop of Greek yoghurt or added to fresh popcorn for a fruity twist. Other fruits to try: pears, different varieties of apple, berries. Other flavour combinations to try: honey and ginger, honey and sesame seeds.

We hope the information on our website and resources is useful. However, some ingredients and/or materials used might cause allergic reactions, so if you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Remember, activities listed within the resource should always be supervised by an appropriate adult.



Alternatives to Crisps: Radish Chips

Ingredients

pack of radishes
spray cooking oil
sea salt
black pepper

Equipment

chopping board
sharp knife
kitchen roll
greaseproof paper/
parchment paper
baking tray
tongs/spatula

Method

1. Pre-heat the oven to 150°C.
2. Carefully line a baking tray with greaseproof paper or baking parchment and set aside.
3. Remove the tops and bottoms from the radishes and finely slice using a sharp knife.
4. Sandwich the slices between two pieces of kitchen roll to absorb some of the moisture in the radish.
5. Leave to dry for about 30 minutes.
6. Place the slices on the baking tray.
7. Lightly spray with cooking oil and season with sea salt and pepper.
8. Bake for 10-15 minutes before removing from the oven to turn each slice over using tongs or a spatula.
9. Return to the oven and continue to bake for a further 15 minutes or until crisp.
10. Remove from the oven and allow to cool.

Vegetable chips can be served on their own or as an addition to a salad as an alternative to croutons or bacon bits. Other vegetables to try: carrots, parsnips, beetroot, sweet potatoes. Other flavour/seasoning combinations to try: rosemary and garlic, mixed herbs and sea salt, mixed dried chillies.

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