



Air-Fryer Apple Slices



Entire recipe: 118 calories, 0.5g total fat (0g sat. fat), 157mg sodium, 31.5g carbs, 5.5g fiber, 23g sugars, 0.5g protein

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Prep: 5 minutes **Cook:** 25 minutes



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Ingredients

1 large Fuji or Gala apple
1/4 tsp. cinnamon
Dash salt

Directions

Core apple, and cut it into half-moon slices about 1/4-inch thick. Sprinkle with cinnamon and salt.

Spray air fryer basket with nonstick spray. Add apple slices in a single layer. (Save remaining slices for a second batch.)

Set air fryer to 392 degrees (see HG FYI). Cook until golden brown, 10 - 12 minutes, flipping slices halfway through. Repeat with any remaining apple.

MAKES 1 SERVING

HG FYI: Our air fryer only goes to 392 degrees. Depending on your air fryer model, you can set to 392 or 400 degrees.

Oven alternative: If you don't have an air fryer, preheat your oven to 400 degrees. Bake apple slices on a baking sheet until golden brown, about 18 minutes, flipping halfway through.

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