



## Apple Fries



Entire recipe: 167 calories, 0.5g total fat (0g sat. fat), 236mg sodium, 35.5g carbs, 4g fiber, 18g sugars, 6g protein

**Prep:** 10 minutes    **Cook:** 20 minutes



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## Ingredients

1 medium Fuji or Gala apple (about 6 oz.)  
1/4 cup whole-wheat panko breadcrumbs  
Half a packet no-calorie sweetener (like Truvia)  
1/8 tsp. cinnamon  
Dash salt  
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute  
1/8 tsp. maple extract

## Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Core and peel apple. Cut into half-moon slices about 1/4-inch thick.

In a medium bowl, combine breadcrumbs, sweetener, cinnamon, and salt.

In another medium bowl, mix egg whites/substitute with maple extract. Add apple slices, and toss to coat.

One at a time, shake apple slices to remove excess egg and lightly coat with breadcrumb mixture. Evenly lay on the baking sheet.

Bake for 10 minutes.

Flip apple pieces. Bake until lightly browned and crispy on the outside and slightly softened on the inside, about 10 more minutes.

MAKES 1 SERVING

**Air Fryer alternative!** Set air fryer to 392 degrees. Cook until golden brown, about 12 minutes, shaking the basket halfway through.

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