

Apple Crisps

You will need -

Chopping Board
Knife
Brush
Saucepan
Wire Rack
Baking Tray

Ingredients –

(These are suggestions, you can use other similar ingredients, remember to try and use reduced processed or fresh ingredients, be as colourful as possible, and stick to your portion sizes)

Apples

Runny Honey

Getting Started -

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands

Please be mindful of the risks present when children are near heat or an open flames whilst cooking and supervise children at all times.



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Method -

1. Preheat the oven to gas mark 4/180°C/fan oven 140°C
2. Warm the honey in a saucepan over a low heat until runny
3. On a chopping board using your claw grip carefully and thinly slice your apple into rounds (this can be tricky so just take your time)
4. Remove any pips but keep the core
5. Place on a wire rack over a baking tray
6. Brush one side with honey
7. Bake for 15minutes , remove turn over and brush the other side with honey
8. Bake for another 10-15minutes, until crisp and a light golden colour
9. Turn off the oven and remove
10. Leave to cool

Notes -

Keep in a covered airtight container

Eat within 48hrs



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www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme