Tom-Tom loves red foods because they give him super powers. You can make red apples into apple chips to get to get super powers too!

Simple Apple Chips

Ingredients:
- 2 apples (one peeled, one with skin)
- 2 teaspoons cinnamon

Instructions:
1. Pre-heat oven to 250° F.
2. Line baking pan with parchment paper.
3. Wash and core the apples. Remove the skin from one of the apples.
4. Slice into thin chips to ensure crispness. Sprinkle with cinnamon.
5. Place on sheet and bake for 1 hour. Flip and bake for another hour.

Fun Food Fact With Tom-Tom

Leaving the skin on the apples gives your body a health boost! Apple skins have quercetin, a special plant compound with super food powers.

Eating quercetin lowers the risk of having heart disease, asthma and even some cancers. Plus it may boost your memory. So, next time you eat an apple, don’t peel that skin and you won’t be cheating your body!

Help Super Crew kid Tom-Tom find the yummy pairings you can have with red apples!

Cinnamon Salad Peanut Butter Oatmeal Cottage Cheese