

Cinnamon Chips



This little treats are very simple and easy to make, it is low in fat but I have to confess...contain sugar. On the other hand it is loaded of cinnamon which is known to contain high amounts antioxidants. These chips can be served with ice cream, especially vanilla, or eaten just like that...but I must advise you...it is addictive, very addictive!

Ingredients:

Lavash bread
3 tablespoons sugar
1 tablespoon ground cinnamon





Method:

In a plate or pyrex mix the sugar with the cinnamon. Cut the lavash bread so it will fit into the plate or pyrex containing the sugar and cinnamon mix. Spray the lavash with water and patch on the sugar mix. Repeat the procedure on the other side of the lavash. Cut into a smaller strips. Bake for 20 to 25 minutes at 275F. Let it cool and serve.

I usually make a bunch of it and store in a sealed container.





Did you know that cinnamon contain antioxidant activity? Moreover, it has been reported that cinnamon has a therapeutic effect in treating type 2 diabetes and insulin resistance.

Thank you for stopping by Simple Recipes and have a great week!