## Apple Pie Nachos

Source: Your Body in Balance by Neal Barnard, MD; recipe by Lindsay S. Nixon

Find this recipe and more in Your Body in Balance by Neal Barnard, MD!

## About the Recipe

295 Calories - 5 g Protein - 6 g Fiber<br>Snack - Dessert

## Ingredients

## Makes 2 Servings

- 1 apple, diced
- $1 / 2$ tsp ( 2.5 mL ) ground cinnamon
- 2 tbsp ( 30 mL ) agave nectar or maple syrup
- 5-6 oz (170 g) vegan yogurt (plain or vanilla)
- $1 / 4 \mathrm{tsp}(1.2 \mathrm{~mL})$ cinnamon
- 3 -inch ( $15-\mathrm{cm}$ ) crushed pecans or walnuts
- 3 6-inch ( $15-\mathrm{cm}$ ) 6-inch corn tortillas
- 1-3 tsp ( 15 mL ) cinnamon sugar


## Directions

1. For the cinnamon chips, preheat the oven to 375 F (190 C) and line a baking sheet with parchment paper. Cut tortillas into triangles and place in a single layer on pan. Sprinkle with cinnamon sugar. Bake 5-10 minutes, or until chips are crisp. Note: You can use a pita in place of the tortillas.
2. Meanwhile, pour $1 / 4 \mathrm{c}(60 \mathrm{~mL})$ of water into a skillet over low heat. Add apples and preferred amount of cinnamon. Cover and cook for about 1 hour or until apples are very soft and starting to break down. You want it to be like a thick jam or compote.\ 
3. Top cinnamon chips with cooked apples. Drizzle with sweetener and a dollop of plant-based yogurt. Top with a sprinkling of cinnamon. Garnish with pecans or walnuts.

## Nutrition Facts

Per serving
Calories: 307 kcal
Fat: 7 g
Saturated Fat: 1 g
Calories From Fat: 18\%
Cholesterol: 0 mg
Protein: 4 g
Carbohydrates: 54 g
Sugar: 31 g
Fiber: 7 g
Sodium: 41 mg
Calcium: 135 mg
Iron: 1 mg
Vitamin C: 8 mg
Beta-Carotene: 54 mcg
Vitamin E: 1.3 mg

