

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
Snack · Dessert

Ingredients

Makes 2 Servings

- apple, diced (1)
- ground cinnamon (1/2 tsp.)
- agave nectar or maple syrup (2 tbsp.)
- vegan yogurt (plain or vanilla) (5-6 ounces)
- cinnamon (to taste)
- crushed pecans or walnuts (2 tbsp.)
- 6-inch corn tortillas (3)
- cinnamon sugar (1-3 tsp.)

Directions

1. For the cinnamon chips: Preheat the oven to 375 F 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 cup of water into a skillet over low heat. Add apples and 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 (1/2 of recipe)

Calories: 295

Protein: 5 g

Carbohydrate: 55 g

Sugar: 30 g

Total Fat: 7 g

Calories from Fat: 21%

Fiber: 6 g

Sodium: 27 mg