

Recipe - Fruit Chips

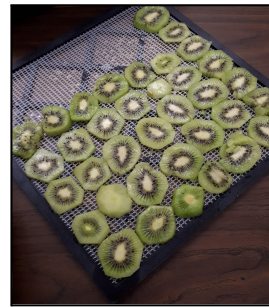
Overview

Dehydration is a great way to preserve an abundance of seasonal fruit for future use. Fruit can be dehydrated at low heat in the oven or in a food dehydrator.

Prep time: 20 minutes

Dehydration time: 6-12 hours

Ingredients: Fruit of choice



Instructions

1. Wash fruit. Some fruits will require peeling, such as kiwis, peaches and bananas. Other fruits can be dehydrated with or without skins, such as apples or pears.
2. Remove pits or cores as needed.
3. Slice the fruit into 1/4 inch (6 mm) slices.
4. **Food dehydrator method:** line trays with a dehydrator sheet and follow instructions from the operating manual for temperature and drying time. Typically fruit is dried at 135°F (37°C) for 6-12 hours.
5. **Oven method:** line a baking sheet with parchment paper or a silicone baking sheet. Bake in the oven at the lowest temperature. Check fruit slices after 3-4 hours. Continue checking every 30-60 minutes until done.
6. When done, fruit chips should be pliable and leathery with no spots of moisture. Tear in half, pinch and look for moisture drops along the tear. If no moisture shows, then it is done.
7. Cool, then store in an airtight container.

NOTE: always check the dehydrator manual for temperatures and dehydration times as there can be variances.

Recipe Connections:

Dried fruit can be used in many recipes. Check out the [Cook it](#) section for lessons using dried fruit such as Energy Bites and Trail Mix.