

Dried Fruit

Ingredients

- Fruit of your choice
- ½ cup lemon juice
- ½ cup water

Special equipment needed:

Cheesecloth

Directions:

Remove oven racks; preheat oven to 145°F.

Prep fruit: wash thoroughly, and slice into uniform pieces. Remove any seeds, pits, or stems. I cut small fruits like berries or grapes in half, and larger fruits like apples or peaches into quarter-inch rings or slices.

Mix lemon and water together. Then dip fruit slices into this mixture. The acid in the lemons helps preserve the natural color of the fruit.

Cover the removed oven racks with cheesecloth. Lay fruit in a single layer onto the covered oven racks. Place fruit racks into the oven, and leave the oven door slightly open to let steam escape while drying the fruit.

Bake fruit anywhere from 4 to 12 hours, and make sure to rotate racks while baking. Fruit will look dry and/or leathery when done. Don't be afraid to do a taste test! Transfer finished fruit to an airtight container or bag, and store in a cool, dry place.

(This process can also be done in a food dehydrator.)

