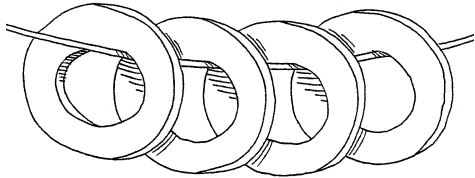


# Dried Apple Rings: A Colonial Snack

Serves 2

2 apples (Granny Smith apples work well)



Source: *The U.S. History Cookbook*.

1. Wash and peel apples using a vegetable peeler.
2. On a cutting board, use a corer to cut out a cylinder through the center of the apples, removing the stems and seeds.
3. Place apples on their sides and slice into  $\frac{1}{4}$  inch rings (about 12 rings per apple).
4. Cut a 1 yard length of kitchen string and run it through the hole in the center of each apple ring.
5. Hang the apple rings in a cool, dry place. Make sure the slices have room between them for air to circulate.
6. Once the apples are wrinkled and dried, usually in two weeks, take them down and eat them. Store the leftovers in a covered container.

## Nutrition Facts:

Serving size:  $\frac{1}{2}$  recipe (1 apple); Calories: 80; Fruits and Vegetables: 1 serving; Fat: 0g; Fiber: 4g



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