



Apple Activities



Drying Apples

Drying apples was one way our ancestors ensured they had apples year-round. Dried apples were eaten as snacks, and were used to bake yummy apple treats.

The old-fashioned way to dry apples was to thread the apples on a string and hang them in a dry place for a few days. Today we realize dried apples made this way may be unsafe to eat unless the apples are covered to protect them from bacteria, dust and insects.

You can safely make dried apples at home using your microwave. Read on to find out how.

Microwave Dried Apples

Step 1: You will need two apples. Peel and core the apples. You should ask your adult assistant to help with this step.

Step 2: Ask you adult assistant to help cut each apple into ten rings, each about 6 mm thick.

Step 3: To keep apples from turning brown, you should soak them for a couple of minutes in lemon water. You can make lemon water by mixing 2 litres of cold water with 15 mL (1 tbsp) of lemon juice. When your apple rings are done soaking, gently dry them off with paper towels.

Step 4: Arrange the rings on a piece of waxed paper. Make sure the rings are not touching each other.

Step 5: Put the rings in the microwave and set on Defrost for 35 - 45 minutes. The apples will be rubbery and dry when they're done.

Step 6: Store the rings in an airtight container and enjoy! You can also make crafts with your apple rings - such as Christmas ornaments or a wreath.



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