

# Dehydrated Fruit

## Serving Information

¼ Cup per serving

## Ingredients

- Suitable fruits and vegetables include apples, pears, peaches, plums, apricots, bananas, cantaloupe, strawberries, blueberries, carrots, celery, corn, green beans, potatoes, and tomatoes.
- Lemon Water to spray

\*Optional sugar, sugar substitute, and/or cinnamon.

## Directions- Banana

1. Cut fruit into  $\frac{1}{8}$ " –  $\frac{1}{4}$ " slices®.
2. Lay flat in rows on dehydrator tray.
3. Optional: Spray fruit with lemon water (prevents browning).
4. Optional: Sprinkle any toppings on fruit.
5. Set to 140° and dehydrate for 12-14 hours.

\*Dehydrating fruit removes water and reduces Vitamin C levels, but other nutrients remain in condensed sizes.

\*Different fruit may require different temperatures and different times.



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