

Dried Fruit

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Organic Apple Rings

Country of Origin: USA

Certified Organic

Pro-Cert

Nutrition Facts Valeur nutritive

Per 11-14 rings (40 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 30 mg	1 %
Carbohydrate / Glucides 32 g	11 %
Fibre / Fibres 3 g	11 %
Sugars / Sucres 19 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	2 %

Factoid:

Dried apples are a convenient snack because they are compact, do not require refrigeration, and are high in energy. Although some of the vitamin C is lost in the drying process, dried apple rings still provide protein, calcium, fibre and potassium.

Ingredients:

Organic dried apples



Recipe:

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Apple Cake

Ingredients:

2 C dried apples
1 tsp lemon juice
1/2 C margarine
3/4 C sugar
2 eggs
1 1/2 C flour
1/2 tsp salt
2 tsp baking powder
1/2 C milk
1 tsp vanilla
1/2 C sugar
2 tsp cinnamon

Instructions:

1. Place dried apples and lemon juice in a bowl. Add enough water to cover and soak for 1 hour.
2. Cream margarine and sugar.
3. Add eggs and beat well.
4. Sift together flour, salt and baking powder. Add to creamed mixture.
5. Add milk and vanilla. Beat well.
6. Pour into two 9-inch greased and floured cake pans.
7. Top with drained, rehydrated apple slices.
8. Combine sugar and cinnamon. Sprinkle evenly over apples.
9. Bake at 375F for 35-40 minutes.