left coast ORGANICS

Organic Apple Rings

Pro-Cert

Nutrition Facts Valeur nutritive

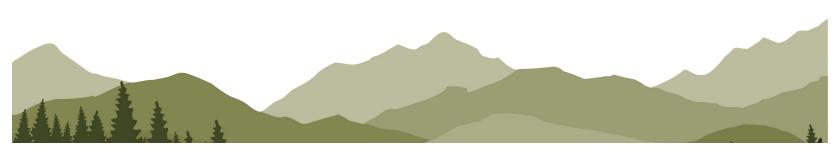
Per 11-14 rings (40 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130)
Fat / Lipides 0 g	0 %
Saturated / saturés 0 ç + Trans / trans 0 g	0 %
Cholesterol / Cholesté	rol 0 mg
Sodium / Sodium 30 m	ng 1 %
Carbohydrate / Glucid	es 32 g 11 %
Fibre / Fibres 3 g	11 %
Sugars / Sucres 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:

Apple Cake

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Ingredients:

2 C dried apples

1 tsp lemon juice

1/2 C margarine

3/4 C sugar

2 eggs

11/2 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.