

Dried Fruit



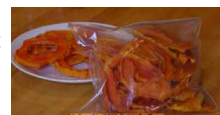
Prep time	30 minutes
Cook time	8 hours
Total time	8 hours, 30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - High Chemical , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical
Meal type	Ingredient , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold

Ingredients

- fruit (Red/Golden Delicious apples, bananas, paw paw/papaya, pears)
- 2 cups water (room temperature)
- 4 teaspoons citric or tartaric acid

Directions

1. Peel and chop the fruit into evenly sized pieces. The bigger they are the longer the drying process will take.
2. Combine the water and citric acid. Add the fruit and allow to soak for at least 15 minutes. This may need to be done in batches.
3. Place into the food dehydrator and dry to your preferred texture. (This is usually a minimum of 8 hours.)
4. Turn the dehydrator off and cover with a clean cloth. Allow the fruit to cool for a couple of hours.
5. Place into a sealed plastic bag for 1 week to condition. (Discard any pieces that are still moist, or continue drying, otherwise these pieces will go mouldy.) Conditioning allows the remaining moisture to spread evenly within each piece of fruit.
6. Store in an air tight container.



Note

For Low Chemical/Failsafe fruit use very ripe pears - Packham pears work best for me.

If amines are tolerated use just ripe bananas (moderate), paw paw and papaya (high).

If moderate salicylates are tolerated use Red or Golden Delicious apples.