

Apple Cider

This recipe makes as much as you wish to prepare



Ingredients

Apple cider

This recipe was contributed by John In Bibs

Directions:

1. Add parchment paper or silicone mats to your trays.
2. Pour apple cider onto your trays. Leave ample space in your trays to make transporting them easier and prevent spills. Avoid overfilling to ensure stability and smooth handling.
3. Pre-freeze when possible.
4. Freeze dry.
5. Store in jars for short-term use or in mylar bags for long-term storage. DO NOT use oxygen absorbers in high-sugar powders. Sugar is naturally stable and does not need oxygen removal. Instead, oxygen absorbers can cause the powder to harden. Use desiccant packs (silica gel) to absorb moisture and prevent clumping.

Rehydration:

This can be rehydrated using 1 part apple cider powder to 4 parts water.

Apple cider powder is also a great pantry item to use as an ingredient for baking.

Notes:

Use freeze dried apple cider powder in recipes such as apple donuts, spice cake, meat glazes or add into your Greek yogurt!

Nutritional Value Per ¼ cup powder

Calories: 120 Protein: 0 g Fat: 0 g Carbohydrates: 31 g Sugar: 26 g Fiber: 0 g