

## WARNING!

This recipe involves using an oven. Make sure you ask an adult to help.

Kitchen chemistry

# THE LAB

Eight pages of things to make and do

# Bake apple peel crisps

Don't throw away your apple peels – turn them into this super snack instead.

## What you need

- 1 tsp granulated sugar
- Pinch of salt
- Pinch of cinnamon
- Peels of four apples
- ½tbsp melted butter
- Baking tray
- Greaseproof paper
- Small bowl
- Mixing bowl
- Oven gloves

## Instructions

Preheat the oven to 200°C (180°C fan) and line the baking tray with greaseproof paper. Mix the sugar, salt and cinnamon in the small bowl then put it to one side. Put the apple peels and melted butter into the mixing bowl and stir until the peels are well coated with butter. Next, place the peels on the lined baking tray, making sure they are in a single layer. Put the baking tray into the oven and cook the peels for about eight minutes. Watch them carefully, because they can burn quickly. When they have browned, ask an adult to help you take them out of the oven (make sure you wear oven gloves) and leave to cool for a few minutes until they have crisped up. Sprinkle the cinnamon sugar over the peels and tuck in while they are still warm.

## TOP TIP

Ensure the strips of apple peel are at least half a centimetre wide. They will burn very quickly if they are too narrow.

## How does it work?

Baking the apples peels helps to release their natural sugars. This process is known as caramelisation. The heat of the oven causes the water in the peel to evaporate and the sugars to break down. The result is crispy apple peels with a sweet, nutty flavour.

## HEALTHY EATING

Raw apples contain no fat, sodium or cholesterol and are a good source of fibre. Three quarters of the fibre is found in the peel.

