

Homemade Vitamin C Powder

Did you know that there are high amounts of nutrients stuck in the peels of your fruits and veggies? While you may not want to eat lemon peels, you can save them to make your own vitamin C powder!

1. Save the peels from your citrus fruits (lemons, limes, oranges) in the refrigerator until you have a jar full.
2. Slice your peels thin for even drying.
3. Place on dehydrator sheets and dehydrate on low for 24 hours or until completely dry and crunchy at the thickest parts (You can also use an oven on the lowest setting, but a dehydrator will preserve more nutrients as vitamin C is very sensitive to heat and easily destroyed.)
4. Using a high-powered blender like a Vitamix or a Blendtec blender, turn your dried peels into powder. You can also use a spice grinder, though you may have to work in batches.
5. Store your powder in a glass jar in the refrigerator for best shelf life.

Recipe by Olivia Chasteen

