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r/ZeroWaste



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r/ZeroWaste • 3 mo. ago

oocherryblossomsoo



Apple Peels!

[Question / Support](#)

What are some ways to use up apple peels?

Im processing a lot of apples today and Im wondering how some people use the peels.

Note: Google says apple cider vinegar, apple chips, and apple tea. I'm looking for other options that aren't those.

17

22

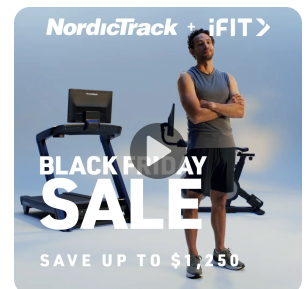


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vcwalden • 3mo ago •

I like to dehydrate the peels, process them in the food processor and use them in smoothies, baked goods, oatmeal, etc. They add lots of nutrients and an easy way to use them up. So good!



19

Reply



Ilike3dogs • 3mo ago •

Excellent idea!

5

Reply



1 more reply



Oysterspearl • 3mo ago •

[Skip to main content](#)[Log In](#)**lsthomasw** • 3mo ago •

I have successfully made apple syrup from apple peels. Tasty on top of or in pancakes, waffles, and to amp up the apple flavor in apple pies/tarts/strudels, etc.

↑ 13 ↓ [Reply](#) ...

**RedLightHive** • 3mo ago •

Turn them into compost!

↑ 19 ↓ [Reply](#) ...

**bubonis** • 3mo ago •

Chips are my vote! Food dehydrator or oven, then lightly spray with vegetable oil and dust with cinnamon and sugar. Also makes the house smell AMAZING while they're being made.

↑ 8 ↓ [Reply](#) ...

**lost-my-scissors** • 3mo ago •

Apple peels are in some of those stove top scent pot recipes, if you ever do those.

I have also seen a couple of strawberry scrap juice recipes that call for a bit of apple instead of lemon.

Apple Peel Jelly is supposed to be yummy, same with tea brewed from them-with a bit of honey.

I was thinking you could make a syrup from them too, to use as an ice cream topper or something.

↑ 5 ↓ [Reply](#) ...

**glamourcrow** • 3mo ago •

Chop them up, freeze or dry them, and feed them to the birds in winter. Personally, I have so many apples, I compost the peel. I wonder whether leaving the peel on will change the taste of my apple sauce. I make about 25 l of apple sauce every harvest and peeling four large baskets of apples gives me cramps in my fingers. Does anyone here leave the peel on? Feels sacrilegious and tempting.

↑ 5 ↓ [Reply](#) ...

⊕ 1 more reply

**jbot14** • 3mo ago •

I feed table scrapz to my hens. And in turn, they give me eggz.

[Skip to main content](#)[Log In](#)**rivermelodyidk** • 3mo ago •

when I was a kid it was a special treat to eat the apple peels as mom/grandma peeled them. I still like to eat them fresh (:

↑ 6 ↓ Reply ...

**r/chickens****1st post. Our chickens love apples.**

394 upvotes · 13 comments

**r/Cooking****What's a good way to re-purpose Apple Peels?**

10 upvotes · 18 comments

**r/ZeroWaste****Apple cores and peels cooking down for apple syrup!**

98 upvotes · 14 comments

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r/autism

Anyone struggle with apple peel?

11 upvotes · 14 comments

r/Preschoolers

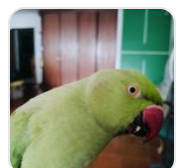
Apple slices

12 upvotes · 46 comments

r/parrots

is it a good thing that my birds are obsessed with apples?

131 upvotes · 29 comments



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18 upvotes · 3 comments

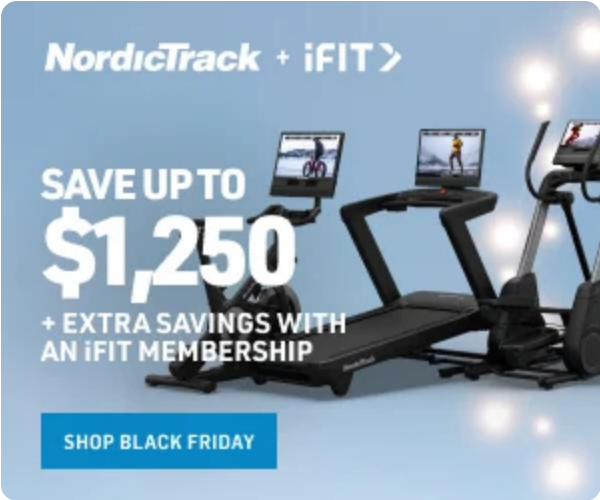
r/MCAS

Organic apple peel powder

2 upvotes · 1 comment

PROMOTED

...



r/ZeroWaste

Used for peeled apple skins?

70 upvotes · 87 comments

r/cottagecore

making apple tea from the peels of apples I'm using for my apple pie! 🍏☕



546 upvotes · 19 comments

r/chickens

How much apple mash can i safely give chickens?

2 upvotes · 6 comments

r/YouShouldKnow

YSK you should feed ducks vegetables and fruits rather than bread.

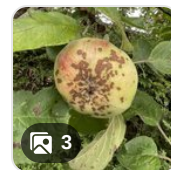
7.3K upvotes · 214 comments

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141 upvotes · 34 comments



r/gardening

Can I use these apples in my compost? What happened to them btw?

12 upvotes · 12 comments



r/ZeroWaste

What to do with apple peels?

8 upvotes · 16 comments



r/nutrition

Eating only the peel of an apple?

20 comments



r/ZeroWaste

Friendly Reminder! ZW is a process and it's okay to be slow!

151 upvotes · 28 comments



r/AnimalCrossingNewHor

Pears please!

1 upvote · 2 comments



r/stonerfood

Raspberry green apple peel tea

98 upvotes · 16 comments



r/nutrition

Should you eat the apple peel

2 upvotes · 7 comments



r/Vermiculture

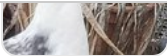
Banana peels

5 upvotes · 7 comments



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them, they love it!). Curious for some other ideas on what and how to give them treats whi...



62 upvotes · 32 comments



r/ZeroWaste

Target vent!

160 upvotes · 36 comments



r/Baking

Broke baking tips for Apples!

1 upvote · 3 comments



r/Cooking

What can I make with apples without peeling them?

71 upvotes · 132 comments

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