

Bell Pepper Candy

It actually takes more calories to consume these candies than they add to your caloric intake, making them a zero calorie food. Read more about [Zero Calorie Foods](#).

Yields: 6 | Serving Size: 5 strips | Calories: 12 | Total Fat: 0 g | Saturated Fat: 0 g | Trans Fat: 0 g | Previous Points: 0 | Points Plus: 0 | Cholesterol: 0 | Carbohydrates: 3 g | Sodium: 4 mg | Dietary Fiber: 0 g | Sugars: 2 g | Protein: 0 g |

Ingredients

- 2 red bell peppers, remove seeds, core and membrane
- 1 tablespoon pure maple syrup (less to taste)

Directions

Rinse peppers and pat dry with a paper towel.

Slice bell peppers into 1/2" strips, add to a mixing bowl, drizzle with maple syrup and toss to coat all sides. Cover bowl and refrigerate for 1 to 2 hours.

Place pepper strips on dehydrator shelves without touching. Turn dehydrator to 125 F, and dehydrate approximately 24 hours or until bell peppers are crispy and brittle. Some strips may get crispy earlier than others, remove as they crisp.

Allow to cool completely and place in an ziplock bag until ready to munch.

Oven Directions: Preheat oven to 150 degrees F. Slice the peppers into 1/2" pieces, drizzle with maple syrup and toss to coat. Place a wire rack on top of a cookie sheet, cover wire rack with parchment paper. Place peppers on parchment covered rack, making sure they don't touch. Place the cookie sheet on the middle oven rack, leave the oven door ajar, about 4 inches. Allow peppers to dehydrate until crispy enough to snap in half, approximately 8 hours to 10 hours (depending on individual ovens).

The dehydrator used for this recipe and all of our crunchy dried treats, [NESCO American Snackmaster Encore Dehydrator](#).

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