

Serves	Several!
Prep Time	5-10 mins
Cooking Time	5 -8 hours

FRUIT ROLL UPS

Ingredients:

Fruit! A single fruit or a combination. The choice is yours.

If you're using a light coloured fruit then add a teaspoon or two of lemon juice to avoid strong discolouration.

Strawberries, raspberries, mangoes, peach, apricots, blueberries, blackberries, bananas, apples, pears etc.

Measuring is not too important. Aim to make it worthwhile washing up, 3 cups of fruit or more.

If required add honey, algar or sugar to sweeten.

Method:

Wash the fruit.

Peel fruit if necessary.

Blend to a puree. If you don't want seeds then sieve the puree.

Add sweetener if needed although fruits are naturally sweet. Honey is a good natural sweetener.

Spread onto the baking sheet with a spatula. The puree should be thin enough to pour but thick enough to stay put on the sheet.

Aim for 1/8" thickness.

Bake in the oven checking regularly as the aim is to dry the fruit as opposed to cooking it. This can take between 6-8 hours. Use the lowest temperature setting on your oven and keep checking it's progress regularly. It does take time to dry it out but is so worth it.

