



Recipe - Apple Fruit Leather



Fruit leathers can be dehydrated at low heat in the oven or in a food dehydrator. If using a food dehydrator line trays with a non-stick dehydrator sheet and follow instructions from the operating manual for drying times.

Ingredients (12 Servings)

- 4 apples
- ¼ cup water
- 1 Tbsp lemon juice
- 2 tablespoons of honey (optional as needed)

Instructions

1. Add ingredients to a sauce pan and cook over medium heat, stirring frequently, until the apples are soft/mushy.
2. Allow to cool and then transfer to a food processor or blender and puree into a thick, smooth sauce.
3. Pour sauce onto a baking tray lined with parchment paper or silicone baking mat.
4. Use a spatula to spread the sauce into a thin layer. Gently bang the pan on the counter to help evenly distribute the sauce.
5. Bake for 3-6 hours, or until the surface is dry and no longer sticky. The fruit leather should be pliable and just a little tacky to the touch, not crisp.
6. Once cool, turn the fruit leather onto a cutting board and remove the silicone baking mat.
1. If the fruit leather comes out a bit too dry, cover the surface with a damp paper towel for a few minutes. The moisture will rehydrate the leather just enough to be flexible for rolling.
7. Roll the fruit leather and slice into small pieces.
8. Store in an airtight container.