



FRUIT LEATHER

TWO INGREDIENT TAKEOVER!

Homemade fruit roll-ups? Only 2 ingredients? Say WHAT!? Even fruit leather that says it's 100% fruit often uses fruit concentrate which has more sugar! Make your own and be in control of that added sugar– if any at all! A great recipe to make and enjoy with kids!



INGREDIENTS

fruit of choice (berries, mango, peach, plum, etc. are great options!)
sweetener (optional– granulated or liquid will work!)

PROCEDURE

- Preheat oven to 170°F (or as low as your oven will go, many only go to 200°F and this is fine).
- Puree your fruit until smooth. Add sweetener if desired (if your fruit is super ripe you may not need any at all–it depends how sweet you want your final fruit leather).
- Line a baking sheet (or two) with parchment paper.
- Pour your fruit puree onto the center and use a spatula to spread it into a thin layer that covers completely. You don't want this too thin (unfilled spaces) or too thick (globby).
- Place in the oven for 2-6 hours, checking every 30 minutes or so. When it's dehydrated and tacky, but not "sticky," it's ready to remove from the oven. Allow to cool to the touch before cutting into strips.
- Roll up for later or peel and eat immediately!

NUTRITION* per strip:
49 calories | 12g carbs | 0g fat | 1g protein

**Nutrition calculated using strawberries and no sweetener, Accounting for about 1 cup of fruit per strip. Keep in mind nutrition will vary depending on the size of your strips, pans, etc. The good news is–it's just fruit!*



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