



Fruit Roll-ups

RECIPE

1

Pick your fruit or a combination. We recommend ripe or overripe apples, bananas, berries, cherries, nectarines, peaches, pears, pineapple and/or mango. Note: Approx. 2 cups fruit = 1 oven tray.

2

Place chosen fruit and amount (de-seeded, skinned & diced) into a blender until it becomes the consistency of apple sauce or a thick soup.

3

Add a squeeze of lemon juice and a 1/4 cup of caster sugar if you taste the puree and it is lacking sweetness. You can even add spices such as 1/4 teaspoon of cinnamon for extra flavour.

4

Pour out on a lipped oven tray over some baking paper. Spread evenly with a spatula or knife until approx. 5mm thick.

5

Place in a low oven (approx. 60-70°C with fan). Check regularly over 3-4 hours. If the edges dry out before the centre, lightly brush on a bit of water to rehydrate. It is ready when the centre is smooth to touch not sticky, it should peel off the baking paper easily.

6

Cut into squares or long strips to roll-up. If rolling cut baking paper with the strip so the roll doesn't stick to itself. Fruit Roll-ups will last 2-4 weeks in a cool dry place. To take hiking place in cling-wrap or a zip-lock bag and enjoy your nutritious snack on the go!