

FRUIT LEATHER ROLL-UPS



CANADA AGRICULTURE AND FOOD
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These snacks are simple to make, healthy, and full of flavour. Use any fruit you would like; the variations are endless!

Ingredients

- 3 cups (750 mL) fruit of your choice, fresh or frozen, chopped
- Suggested fruits: peaches, mangos, bananas, strawberries, raspberries, blueberries or a combination of fruit
- 1 tbsp (15 mL) honey (optional)

Preparation

1. This recipe can be made in a food dehydrator or in the oven. Preheat your oven to 170°F (76°C) or set your food dehydrator at 165°F (73°C).
2. Begin by washing your fruit (if using fresh fruit). Do not remove the skin.
3. Place the fruit and honey in a blender and puree on high until fully blended. You should get about two cups of pureed fruit.
4. Pour the mixture onto a baking sheet lined with a silicone mat (if you don't have one, you can use parchment paper). If using your food dehydrator, pour the mixture on the

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dehydrator tray.

5. Evenly spread the mixture over the tray using a spatula.
6. If using a food dehydrator, set the machine to dehydrate for six to eight hours. If using the oven, the time may vary but generally it will also take six to eight hours until the fruit is set. It's important to check it periodically to test for doneness.
7. When done, the fruit leather should not be too sticky.
8. Remove the fruit leather from the oven or dehydrator and allow it to cool for a couple of minutes.
9. Peel the fruit leather back (that's the fun part!) from the tray and set it on a cutting board.
10. Using kitchen scissors, cut the fruit leather into strips or squares. If cutting into strips, they can be rolled up for a fun snack.
11. Place in an airtight container. The fruit leather roll-ups will keep on the counter for one week, or up to one month stored in the refrigerator.

Notes:

- For a smoother texture if making a mixed berry fruit leather, strain the seeds using a fine mesh sieve before spreading the mixture on the baking tray.
- Oven temperatures can vary so keep a close eye on the fruit leather; it will become brittle and crack if over-dried. However, it will still taste good!

Yields: One sheet tray makes about 10 fruit leather roll-ups.