

Homemade Fruit Leather

Drying fruit has been around for centuries as a way to preserve extra fruit to eat later. In the 1800s apples were sliced into thin rings and strung by the fire to dry. Other fruits were cooked down, pureed, spread out on a flat metal surface and dried in the sun. This made something called fruit leather, similar to the fruit roll-ups that can be bought in the stores today. Fruit leather is easy and fun to make and today it doesn't require laying your fruit out for days in the sun to dry. Today it is easy to dry out fruit in a dehydrator, but not everyone owns a dehydrator. All you need is a way to puree fruit and an oven.

Supplies:

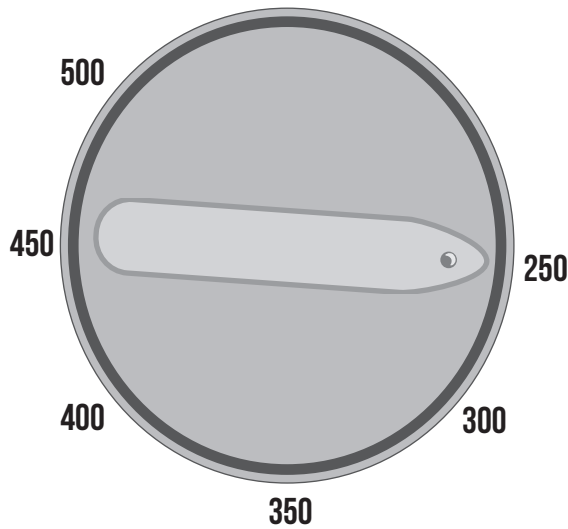
Fruit (can use any kind but berries work the best)
Sugar to taste
Parchment paper OR silicone mat
Blender
Baking sheet

For alternate method:

Saucepan
Potato masher or immersion blender

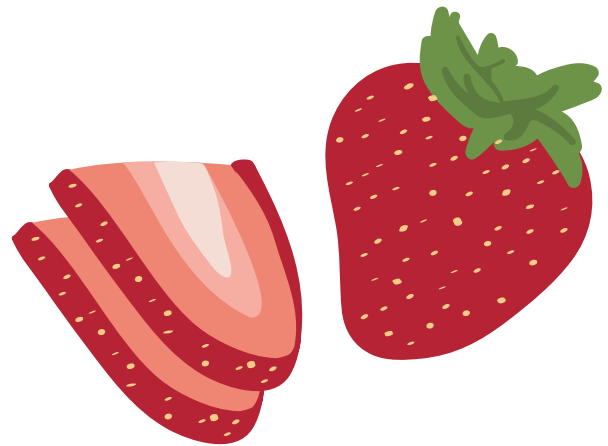
Blender method:

1



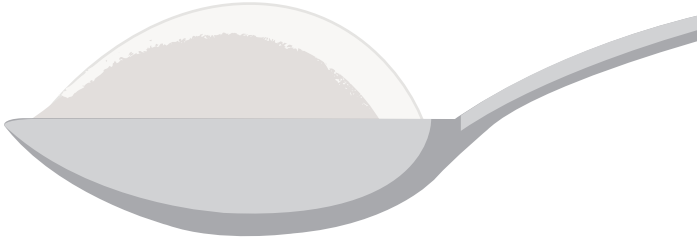
Preheat oven to the lowest setting

2



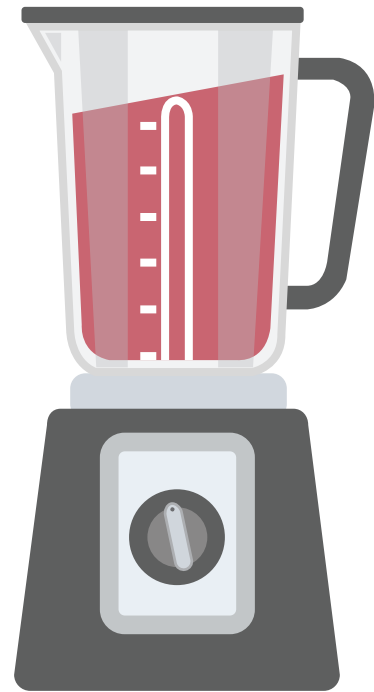
Cut fruit up into smaller pieces and place in a blender

3



Taste your fruit and see if it needs any sugar and add some to the blender

4



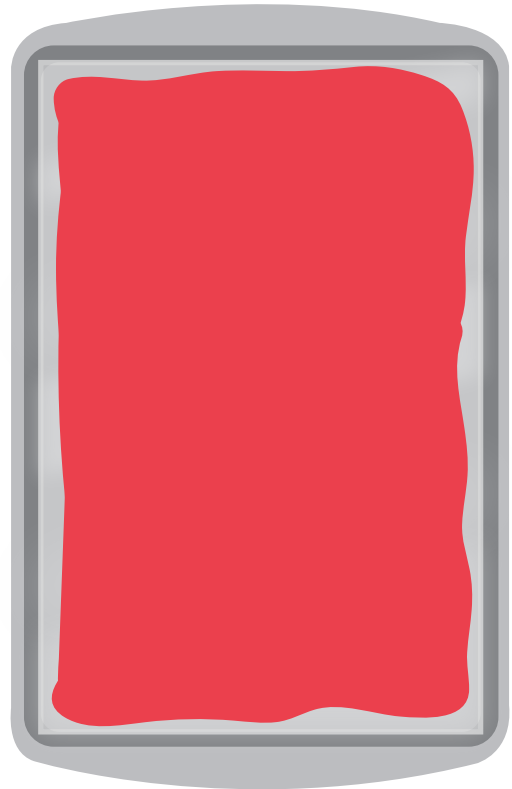
Puree the fruit

5



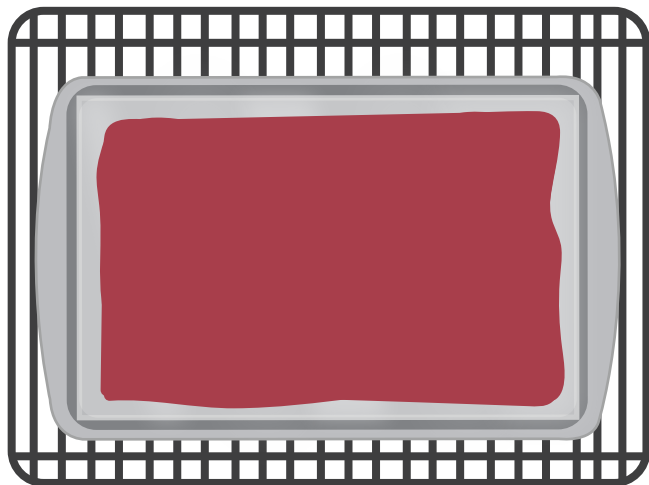
Line the baking sheet with the parchment paper, making sure not to have any sticking out over the sides and keeping the paper as smooth as possible

6



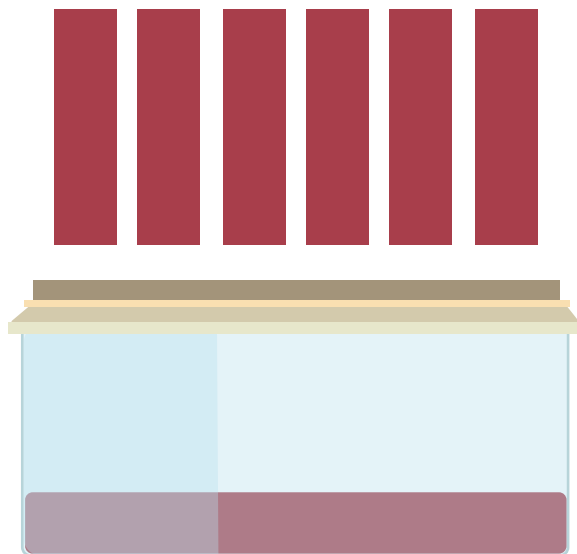
Pour the fruit puree onto the baking sheet and spread it out in a thin layer

7



Place the baking sheet in the preheated oven and bake for 6-8 hours or until the center of the fruit is no longer sticky

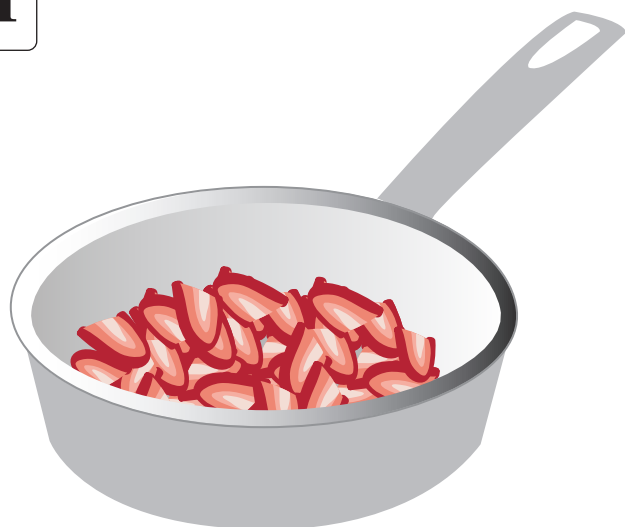
8



Once cool, cut the fruit into strips and store in an airtight container

For alternate method:

1



Cut fruit up into smaller pieces into a saucepan.

2



Taste the fruit and add sugar if needed

3



Cook the fruit down to a paste

4



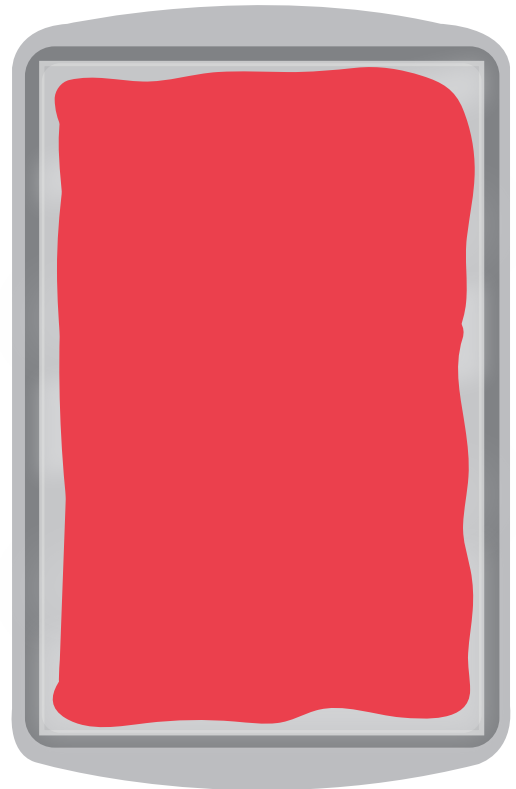
Using a potato masher or immersion blender mash the fruit into a puree

5



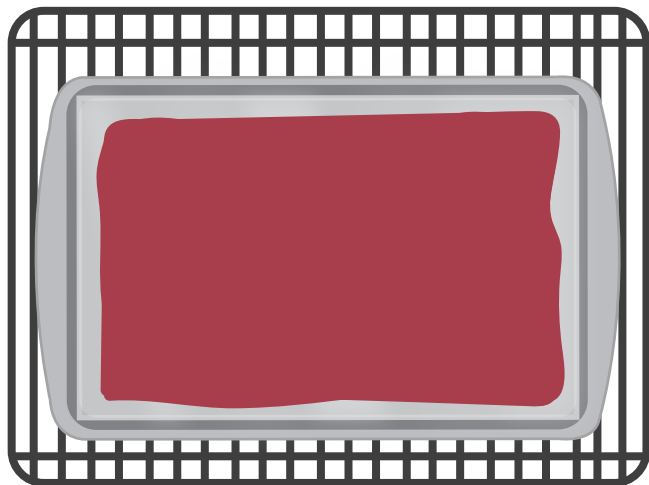
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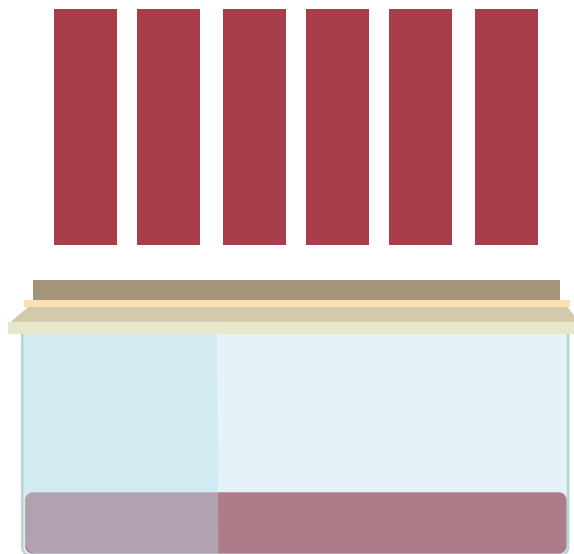
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