



Seasonal Eating Demo with Carol Muncer
Open Farm Day July 27th, 2024

Fruit Leathers - Fruit Rollups

- Any fruit or combination of fruit can be used, peeled or unpeeled depending on preferences.
- Fruit with lots of seeds are best passed through a food mill or coarse sieve to remove some of the seeds and coarse skins on berries.
- If not using a sieve or food mill, process fruit in a food processor, blender, or with a masher to create a pureed texture.
- **Oven method:**
 - Turn your oven to the coolest setting (hopefully under 200 F). Line a cookie sheet with parchment paper and add your puree fruit to a thickness of 1/4". Prop the oven door open with a wooden spoon and dehydrate 6-8 hours or until evenly dry, not sticky, and pliable.
 - Roll up still attached to the parchment paper or remove from the parchment paper and cut into strips. Best stored in a glass jar with metal lid to prevent moisture being absorbed into the fruit leather.
- **Dehydrator method:**
 - Use fruit leather tray, add your puree fruit to a thickness of 1/4". Dehydrate on a medium heat (120 to 140 F) for 6-8 hours until evenly dry, not sticky, and pliable
 - Seeds, spices, also sweetener of your choice can all be added to create variety.