

Apple Berry Fruit Leather

From Seattle & King County Public Health

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/FruitLeather.aspx>

Ingredients

- 3 cups apples, cored and chopped
- 1 cup raspberries
- 2 tablespoons frozen orange juice concentrate
- 2 tablespoons honey
- 1 teaspoon cinnamon
- 1 teaspoon fresh lemon juice

Instructions

1. Preheat oven to 140° F.
2. Using a blender, blend 1 cup of apples, the raspberries and the orange juice concentrate until smooth. Add remaining apples and blend until smooth. Pour apple mixture in a medium sized bowl then stir in the honey, cinnamon and lemon juice.
3. Line a baking sheet with plastic wrap and tape to edges. Do not use wax paper or aluminum foil since it's difficult to remove the fruit from these items.
4. Pour apple mixture on the plastic lined baking sheet and spread with a rubber spatula until it's 1/8 inch thick. Leave about 1/2 inch of space open from edge of pan to allow fruit to expand while drying.
5. Bake in oven for 4-6 hours. Fruit leather is done when it is no longer sticky to the touch. When done, roll the fruit with the plastic wrap the long way. Cut into 2-inch pieces. Store pieces in an airtight container.

Makes 8 servings

Nutrition information per serving

Calories: 59	Dietary Fiber: 2g
Total Fat: 0g	Sodium: 0mg
Saturated Fat: 0g	Protein: 0g
Cholesterol: 0mg	Carbohydrates: 15g