



Apple and Raspberry Fruit Leather

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



405 min.

SERVINGS



8

CALORIES



50 kcal

SIDE DISH

Ingredients

- 0.3 cup granulated sugar
- 1.3 cups raspberries fresh
- 1 pinch salt fine
- 1.3 cups apple sauce unsweetened

Equipment

- bowl
- baking sheet
- baking paper

- oven
- wire rack
- sieve
- blender
- spatula
- kitchen scissors

Directions

- Heat the oven to 170°F and arrange a rack in the middle. Line a rimmed baking sheet with a silicone baking mat and place on a flat work surface; set aside. Set a fine-mesh strainer over a medium bowl; set aside.
- Place all of the ingredients in a blender and blend on high until you've got a very smooth purée, about 1 minute.
- Pour the mixture through the strainer into the bowl, and then scrape a rubber spatula against the inside surface of the strainer to push the purée through until only seeds remain.
- Remove the strainer and discard the seeds.
- Transfer the purée to a container with a spout or return it to the cleaned and dried blender pitcher. Slowly pour the purée onto the baking mat, tracing the inside of the colored border to create a rectangle. (If your baking mat has no border, leave a 1-inch border from the edge.)
- Pour the remaining purée within the borders of the rectangle in a zigzag pattern (do not pour it all into the middle of the baking mat). Using the rubber spatula, push the purée to cover any empty parts within the rectangle (the surface will not be even). Keeping the baking sheet on the work surface, grasp the edges of the sheet—pressing against the exposed border of the baking mat with your thumbs—and gently shake back and forth to even out the surface of the purée, rotating the baking sheet and shaking as necessary.
- Place in the oven and bake until the surface of the fruit leather is slightly sticky to the touch but, when pressed in several different places, a finger does not leave an indentation, about 6 to 7 hours.
- Remove the baking sheet from the oven, place on a wire rack, and let cool completely. Set aside a 16-inch-long sheet of waxed or parchment paper. Starting at one short edge of the cooled fruit leather, pull it up from the baking mat and transfer it to the paper. Using clean kitchen scissors, cut through the fruit leather and paper to form desired-sized strips, shapes, or pieces and roll up, paper and all (to prevent sticking). Store in an airtight container for up

to 3 weeks.

Nutrition Facts

PROTEIN 2.23% **FAT 3.1%** **CARBS 94.67%**

Properties

Glycemic Index:12.01, Glycemic Load:4.64, Inflammation Score:-1, Nutrition Score:1.6882608766141%

Flavonoids

Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.77mg, Epicatechin: 2.77mg, Epicatechin: 2.77mg, Epicatechin: 2.77mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 50.47kcal (2.52%), Fat: 0.19g (0.29%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 11.19g (4.07%), Sugar: 10.7g (11.89%), Cholesterol: 0mg (0%), Sodium: 5.87mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.61%), Manganese: 0.14mg (7.19%), Fiber: 1.72g (6.88%), Vitamin C: 5.62mg (6.81%), Potassium: 58.54mg (1.67%), Vitamin K: 1.75µg (1.67%), Vitamin E: 0.23mg (1.57%), Copper: 0.03mg (1.44%), Magnesium: 5.54mg (1.39%), Folate: 5.34µg (1.34%), Iron: 0.23mg (1.27%), Vitamin B2: 0.02mg (1.19%), Vitamin B1: 0.02mg (1.09%), Vitamin B6: 0.02mg (1.06%)