



## How to Make Fruit Leather



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



560 min.

SERVINGS



1

CALORIES



120 kcal

SIDE DISH

### Ingredients

- ☐ 1 serving fruit fresh (apricots, peaches, plums, berries, apples, pears, or grapes)
- ☐ 1 serving water
- ☐ 1 serving juice of lemon
- ☐ 1 serving sugar
- ☐ 1 serving spices such as cinnamon and nutmeg

### Equipment

- ☐ food processor
- ☐ frying pan

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ potato masher
- ☐ microwave

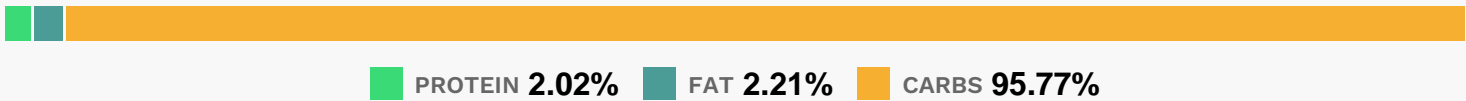
## Directions

- ☐ Rinse the fruit. If you're working with stone fruit, take out the pits. Chop the fruit.
- ☐ If you're working with apples or pears, peel and core them, then chop. If working with grapes, de-stem them.
- ☐ Taste the fruit before proceeding. Note how sweet the fruit is. If very sweet (ripe Concord grapes, for example) you won't need to add any sugar. If still a little tart, you may need to add some sugar in the next step.
- ☐ Place the fruit in a large saucepan.
- ☐ Add 1/2 cup of water for every 4 cups of chopped fruit.
- ☐ Bring to a simmer, cover, and let cook on a low heat for 10 to 15 minutes, or until the fruit is cooked through. Uncover and stir.
- ☐ Use a potato masher to mash up the fruit in the pan.
- ☐ Taste the fruit and determine how much sugar, lemon juice, or spices to add.
- ☐ If needed, add the sugar in small amounts (1 tablespoon at a time), to your desired level of sweetness.
- ☐ Add lemon juice 1 teaspoon at a time to help brighten the flavor of the fruit.
- ☐ Add a pinch or two of cinnamon, nutmeg, or other spices to augment the flavor, if you'd like.
- ☐ Continue to simmer and stir until any added sugar is completely dissolved and the fruit purée has thickened, another 5 or 10 (or more) minutes.
- ☐ Simple Tip!
- ☐ If you are working with grapes, strain the juice out of the mashed grapes to make grape juice. Force what is left behind through a food mill to make the purée for the next step.

- ☐ Put the mashed fruit through a food mill or chinoise. Alternatively, purée the fruit thoroughly in a blender or food processor. The purée should be very smooth.
- ☐ Taste again and adjust the sugar/lemon/spices, if necessary.
- ☐ Line a rimmed baking sheet with a sturdy, heat-proof plastic wrap (the kind that is microwave safe).
- ☐ Pour out the purée onto the lined baking sheet to about an 1/8 to 1/4 inch thickness.
- ☐ Elise Bauer
- ☐ Heat the oven to 140°F.
- ☐ Place the baking sheet in the oven. Try to keep any plastic wrap from touching the sides of the oven or the oven racks. Also, try to make sure the plastic wrap hasn't folded back over on top of the purée. If this happens, the purée won't dry out.
- ☐ If you have a convection setting, use it. It will speed up the drying process.
- ☐ Let dry in the oven for as long as it takes for the purée to form fruit leather. We usually keep it in the oven overnight, about 8 to 12 hours.
- ☐ The fruit leather is ready when it is no longer sticky to the touch.
- ☐ Elise Bauer
- ☐ When the fruit leather is ready, you can easily peel it up from the plastic wrap.
- ☐ To store it, roll it in its plastic wrap, put it in an airtight container, and store in the refrigerator or freezer.
- ☐ Did you love the recipe? Give us some stars and leave a comment below!
- ☐ Elise Bauer
- ☐ Nutrition Facts (per serving)
- ☐ Calories
- ☐ Fat
- ☐ Carbs
- ☐ Protein
- ☐ Show Full Nutrition Label
- ☐ Nutrition Facts
- ☐ Servings: 10
- ☐ Amount per serving

- ☐ Calories
- ☐ % Daily Value\*
- ☐ Total Fat Og
- ☐ Saturated Fat Og
- ☐ Cholesterol Omg
- ☐ Sodium 3mg
- ☐ Total Carbohydrate 20g
- ☐ Dietary Fiber 3g
- ☐ Total Sugars 13g
- ☐ Protein 1g
- ☐ Vitamin C 58mg
- ☐ Calcium 22mg
- ☐ Iron Omg
- ☐ Potassium 292mg
- ☐ \*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
- ☐ Nutrition information is calculated using an ingredient database and should be considered an estimate. In cases where multiple ingredient alternatives are given, the first listed is calculated for nutrition.
- ☐ Garnishes and optional ingredients are not included.

## Nutrition Facts



## Properties

Glycemic Index:70.09, Glycemic Load:8.38, Inflammation Score:-3, Nutrition Score:3.1382608452569%

## Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 120.46kcal (6.02%), Fat: 0.32g (0.49%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 31.04g (10.35%),  
Net Carbohydrates: 28.95g (10.53%), Sugar: 25.76g (28.63%), Cholesterol: 0mg (0%), Sodium: 18.54mg (0.81%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.31%), Vitamin C: 8.65mg (10.48%), Manganese: 0.19mg  
(9.64%), Fiber: 2.09g (8.36%), Vitamin A: 361.38IU (7.23%), Copper: 0.13mg (6.74%), Vitamin K: 5.74µg (5.46%),  
Potassium: 127.79mg (3.65%), Iron: 0.58mg (3.24%), Magnesium: 10.55mg (2.64%), Vitamin B3: 0.5mg (2.5%),  
Calcium: 20.86mg (2.09%), Vitamin B2: 0.03mg (2.02%), Phosphorus: 16.6mg (1.66%), Vitamin B6: 0.03mg (1.49%),  
Folate: 5.61µg (1.4%), Vitamin B1: 0.02mg (1.28%), Zinc: 0.16mg (1.08%)