

Fruit leather:

Strawberry Fruit Rolls

You can substitute the strawberries for blackberries, blueberries or raspberries.

1 teaspoon vanilla extract
500g fresh strawberries, hulled, halved
300g apple puree

1. Set Dehydrator to 158°F.
2. Place all the ingredients in the jug of a blender or bowl of a food processor. Process until smooth.
3. Spoon puree evenly onto greased fruit roll up tray.
4. Place in Dehydrator. Leave for 6-9 hours or until pliable. Roll up each fruit piece to form a log.



Mango Fruit Rolls

800g sliced mango in natural juice, drained

1. Set Dehydrator to 158°F.
2. Place mango in the jug of a blender or bowl of a food processor. Process until smooth.
3. Spoon puree evenly onto greased fruit roll up tray.
4. Place in Dehydrator. Leave for 6-8 hours or until pliable. Roll up each fruit piece to form a log.

Fruit rolls make delicious snacks ready to have on hand. Here are some hints to ensure perfect fruit rolls:

TIP

- Fresh or canned fruit can be used to make fruit rolls, simply substitute weight for weight. However, do not combine a mixture of canned and fresh fruit in the same roll up. If using fresh fruit, make sure it is of good quality without soft or discoloured patches.
- If using fresh fruit, you will need to peel and cook it first so that it can be pureed in a blender for the preparation required to make rolls.
- The prepared fruit must be evenly spread over the fruit roll trays to ensure even drying times.
- The fruit should be spread to an even thickness of about 5mm. The fruit, once pureed, needs to be a spoonable consistency. If the mixture is too runny the end result will be affected.
- If mixture is too runny, you can add pureed apple or pear to the mixture to make up the desired consistency.
- Make sure the fruit rolls are dried continuously at the recommended temperature and time.
- Once dried, the fruit rolls should be pliable and without any soft or sticky patches on top or underneath.
- Remove fruit rolls from trays when still warm and roll up to form logs.
- Wrap in non-stick baking paper and store in an airtight container in a cool, dark place for up to 1 week. Do not store in the fridge as the fruit rolls need to be stored in a moisture-free area to maintain a pliable, chewy texture.
- Suitable fruits for rolls include: Apple, apricot, berries, cherries, mango, peaches, pears, and plums.