



September 2- Fruit Leather

Smart Snack

Link: <http://allrecipes.com/recipe/fruit-leather/>

Recipe

Ingredients:

½ cup sugar

¼ cup lemon juice

4 cups peeled, cored, and chopped apple

4 cups peeled, cored, and chopped pears

Directions:

1. Preheat the oven to 150°F. Cover a baking sheet with a layer of plastic wrap.
2. In the container of a blender, combine the sugar, lemon juice, apple and pear. Cover and puree until smooth. Spread evenly on the prepared pan. Place the pan on the top rack of the oven.
3. Bake for 5 to 6 hours, leaving the door to the oven partway open. Fruit is dry when the surface is no longer tacky and you can tear it like leather. Roll up on the plastic wrap and store in an airtight jar.

Yield 16 servings

Nutrition Facts

Serving Size 1 item (108.06g)

Servings Per Container 16

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 21g **7%**

Dietary Fiber 3g **11%**

Sugars 16g

Protein 0g **1%**

Vitamin A 0% • Vitamin C 10%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.