

# Food Babe's Homemade Fruit Leather (Fruit Roll Ups)



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	6 hrs	6 hrs, 5 mins	20

<https://foodbabe.com/homemade-fruit-leather-fruit-roll-ups>

## Ingredients:

- 6 cups fresh or frozen fruit of your choice, chopped
- 3 tablespoons raw honey (get local if possible)

## Instructions:

1. Preheat the oven to 200° F.
2. Place the fruit in a blender along with the honey or sweetener of choice. Blend until smooth.
3. Line a baking sheet with parchment paper. Spread the fruit mixture onto the parchment paper in an even layer roughly 1/8" thick. (Note: You may need to use 2 baking sheets if you have extra.)
4. Place the baking sheet in the oven and bake for 4-6 hours or until the fruit leather peels away easily.
5. Gently peel the fruit leather off of the parchment paper. Cut into strips or your desired shape. Store in an airtight container for up to one month.

## Notes:

- You can make these look fancier by adding orange or lemon zest too!
- Please choose all organic ingredients if possible.