



Homemade Fruit Rolls

7 Servings

Ingredients:

5 cups Fruit of your choice

1/4 cup Honey*

2 tablespoons Lemon juice

1. Preheat oven to 170 degrees Fahrenheit
2. Line a large baking sheet with parchment paper
3. Chop fruit into 1 inch chunks, if needed
4. Put fruit in blender or food processor.
5. Add honey and lemon juice. Blend until smooth
6. If using berries, strain to remove seeds.
7. Smooth fruit mixture onto baking sheet
8. Bake 5-6 hours, until not sticky
9. Allow to cool completely
10. Cut into strips with the paper and roll

Try these fruit combinations: Mixed berries; Apples and Kiwi; Strawberries and Mango

*Do not feed honey to infants under one year