



Strawberry Fruit Leather

(PROVIDED BY EMILY JOHNSON, KNEAD TO COOK & FUELED ADVENTURES)



Yield: 10 fruit roll-ups

Ingredients

- 4 cups fresh or frozen local strawberries
- Cooking spray

Instructions

If using an oven to make fruit leather: Preheat your oven to at least 150°F or as low as it will set. Line a 11x17 sheet pan with parchment paper and lightly coat with cooking spray. Set aside.

If using a dehydrator to make fruit leather: Prepare your fruit leather tray by lightly coating in cooking spray or if you don't have a fruit leather tray, cut a piece of parchment paper to fit inside a tray. Set aside.

If using frozen strawberries, thaw completely in the microwave or overnight in the refrigerator. **If using fresh strawberries,** wash and hull (remove leaves).

Place strawberries in a blender on high speed for 1 minute. If the mixture isn't blending easily, add a tablespoon of water at a time until it is the consistency of a smoothie.

Pour the blended strawberries onto your prepared pan. Smooth out the surface to ensure it is evenly distributed.

If using an oven to make fruit leather: Dry in the oven for 6-8 hours or until the center is no longer tacky.

If using a dehydrator to make fruit leather: Dry in the dehydrator at 150°F for 10-12 hours or until it is no longer tacky.

Once cool, cut or tear fruit leather into your desired shapes. Store in an airtight container in the refrigerator for up to 4 weeks.

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Description

This recipe is a great way to use up extra strawberries and provide a snack that is shelf-stable. Pack along on your next hiking trip or add to a lunch box (your kiddos or your own, we won't judge!) for a sweet and healthy side dish.



FARMERS
MARKET

Farmers Market Finds

- Strawberries (freeze when in season, so you can use year-round!)



GROCERY
STORE

Grocery Store Grabs

- Cooking Spray

Local Chef & Recipe

Emily Johnson is the chef and owner behind Knead to Cook and Fueled Adventures. Knead to Cook offers homemade soft pretzels in a variety of flavors, infused with local ingredients whenever possible. Follow knead.to.cook on Instagram for the most current status on her pretzel orders! Fueled Adventures provides educational tips and recipes for how to healthfully fuel young children (and families) for active lifestyles.

Substitutes

Could use other fresh fruit in place of strawberries, however different fruits may add extra steps (straining seeds of raspberry, peeling and removing pit of peaches, etc.)

Pairs with

This fruit-studded snack would pair well with assorted nuts or trail mix, yogurt, string cheese, pretzels or all by itself!