

Fruit Leather

Flavor-Packed and Nutritious

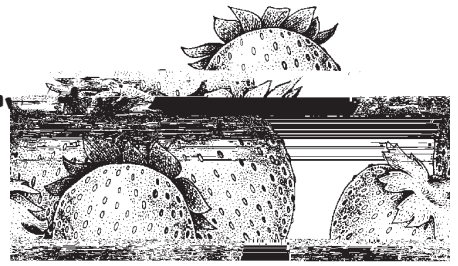
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Antioxidant Rich

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Making Fruit Leather



Making the Puree

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A... C... -00120, Using
Alaska's Wild Berries and Other Wild Edibles.

Note:

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Basic Berry Puree

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Rhubarb Puree

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Drying Instructions

Food Dehydrators

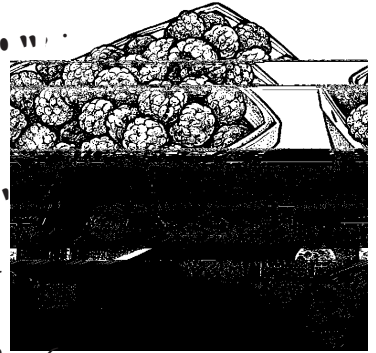
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Oven Drying

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Steps for Oven Drying

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1. Wash the fruit thoroughly. Remove any stems or seeds.
2. Cut the fruit into small pieces.
3. Place the fruit pieces in a large pot.
4. Add 1 cup of water for every 2 cups of fruit.
5. Bring to a boil and simmer for 15-20 minutes.
6. Strain the mixture through a fine mesh strainer.
7. Measure the liquid and add 1/4 cup of sugar for every cup of liquid.
8. Cook the mixture for another 10-15 minutes until thickened.
9. Spread the mixture on a parchment-lined tray and dry in a dehydrator or oven at 100°F for 12-18 hours.

Storage

1. Store the fruit leather in airtight bags or containers.
2. Keep in a cool, dry place.
3. Shelf life is approximately 3-6 months.
4. For longer storage, freeze in airtight bags.
5. Thaw at room temperature before eating.

Fruit Leather Recipes

Apple Fruit Leather
1. Wash and core 2 cups of apples.
2. Cut into small pieces.
3. Cook with 1 cup water and 1/2 cup sugar for 20 minutes.
4. Strain and cook until thickened.

Banana Fruit Leather
1. Peel and slice 2 cups of bananas.
2. Cook with 1 cup water and 1/2 cup sugar for 20 minutes.
3. Strain and cook until thickened.

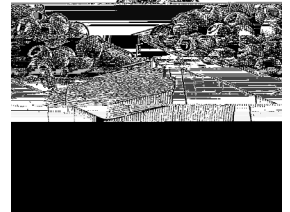
Rose Hip-Blueberry Fruit Leather

1. Wash 1 cup of rose hips and 1 cup of blueberries.
2. Remove seeds from rose hips.
3. Cook with 1 cup water and 1/2 cup sugar for 20 minutes.
4. Strain and cook until thickened.

1. Wash 1 cup of salmonberries and 1 cup of blueberries.
2. Remove stems from salmonberries.
3. Cook with 1 cup water and 1/2 cup sugar for 20 minutes.
4. Strain and cook until thickened.

Salmonberry Fruit Leather

1. Wash 1 cup of salmonberries and 1 cup of blueberries.
2. Remove stems from salmonberries.
3. Cook with 1 cup water and 1/2 cup sugar for 20 minutes.
4. Strain and cook until thickened.



Raspberry Fruit Leather

1. Wash 1 cup of raspberries and 1 cup of blueberries.
2. Cook with 1 cup water and 1/2 cup sugar for 20 minutes.
3. Strain and cook until thickened.

Rhubarb-Strawberry Fruit Leather

1. Wash 1 cup of rhubarb and 1 cup of strawberries.
2. Cut rhubarb into small pieces.
3. Cook with 1 cup water and 1/2 cup sugar for 20 minutes.
4. Strain and cook until thickened.

Blueberry Fruit Leather (Recipe 1) | CID: 2020-01-15 | CC BY-NC-SA

