

Fruit Roll Ups

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Ingredients:

1 cup pumpkin puree
1/2 cup unsweetened applesauce
1/4 cup honey or maple syrup
1/2 tsp pumpkin-pie spice

Preparation:

Preheat oven to 170F.

Line a baking sheet with foil and spray with oil.

Combine all ingredients in a food processor until smooth.

Pour mixture on prepared sheet.

Using a spatula, evenly spread very thinly to edges.

Bake in centre oven rack until dry, 3-4 hours.

Allow it to cool completely, then peel fruit leather from foil, roll in waxed paper and store in an airtight container up to 2 weeks.