

Fruit Leather

Flavor-Packed and Nutritious

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Antioxidant Rich

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Making Fruit Leather

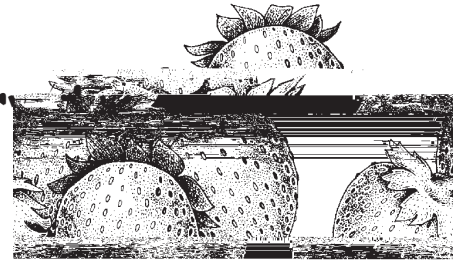
Making the Puree

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

Note:

Basic Berry Puree

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Rhubarb Puree

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Drying Instructions

Food Dehydrators

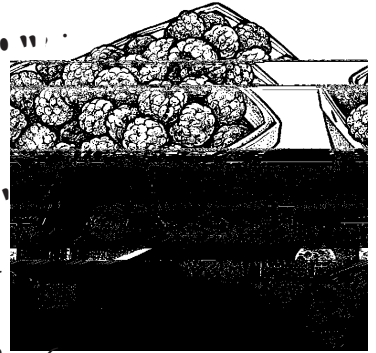
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Oven Drying

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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 water to cover the 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 the appropriate amount of sugar.
8. Cook the mixture until it is thick and sticky.
9. Spread the mixture on a parchment-lined tray.
10. Let it dry until it is completely flat and brittle.

Storage

1. Store the fruit leather in airtight bags or containers.
2. Keep it in a cool, dry place.
3. Use within 2-3 weeks.
4. If you notice any mold or off smells, discard it.
5. For longer storage, you can freeze the fruit leather.
6. To use, simply break it apart and enjoy.

Fruit Leather Recipes

Apple Fruit Leather
1. Wash and core the apples.
2. Cut into small pieces.
3. Cook in water until soft.
4. Strain and add sugar.
5. Cook until thick.
6. Spread and dry.

Berry Fruit Leather
1. Wash and remove stems from berries.
2. Cook in water until soft.
3. Strain and add sugar.
4. Cook until thick.
5. Spread and dry.

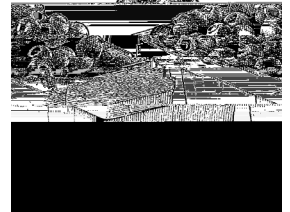
Rose Hip-Blueberry Fruit Leather

1. Wash and remove stems from rose hips and blueberries.
2. Cook in water until soft.
3. Strain and add sugar.
4. Cook until thick.
5. Spread and dry.

1. Wash and remove stems from salmonberries.
2. Cook in water until soft.
3. Strain and add sugar.
4. Cook until thick.
5. Spread and dry.

Salmonberry Fruit Leather

1. Wash and remove stems from salmonberries.
2. Cook in water until soft.
3. Strain and add sugar.
4. Cook until thick.
5. Spread and dry.



Raspberry Fruit Leather

1. Wash and remove stems from raspberries.
2. Cook in water until soft.
3. Strain and add sugar.
4. Cook until thick.
5. Spread and dry.

Rhubarb-Strawberry Fruit Leather

1. Wash and remove stems from rhubarb and strawberries.
2. Cook in water until soft.
3. Strain and add sugar.
4. Cook until thick.
5. Spread and dry.

Blueberry Fruit Leather (Recipe 1) CID: 2020-01-14

