

LUNCHBOX IDEA



SIMPLE FRUIT ROLL-UPS

USING YOUR FAVOURITE FRUIT

INGREDIENTS

- 2-3 cups fruit
- 2-3 tablespoons honey
- 2 tablespoons lemon juice

DIRECTIONS

Prep Time: 15 Minutes

Serves: 4

Blend fruit in food processor or blender until smooth. Mix in honey and lemon juice.

Spread mixture out $\frac{1}{8}$ to $\frac{1}{4}$ inch thick onto a cookie sheet lined with plastic wrap or parchment paper.

Dehydrate at 140 to 170 degrees F (or as low as oven will go) for 4 to 6 hours, or until the middle is not longer tacky.

Allow to cool, then remove from sheet. With clean scissors, trim off edges and cut into 1 inch wide strips. Roll with strips of parchment paper.

NOTES
