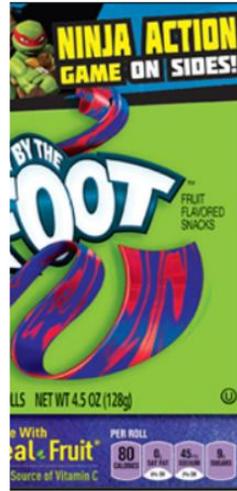




Nutrition

ations, packaging and promotions may change.

ormation, refer to packaging on store shelves.



Nutrition Facts

Serving Size 1 roll (21g)
Servings Per Container 6

Amount Per Serving

Calories 80 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 45mg 2%

Total Carbohydrate 17g 6%

Sugars 9g

Protein 0g

Vitamin C 10%

Not a significant source of dietary fiber, vitamin A, calcium and iron.

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Concentrate, Corn Syrup, Hydrogenated Cottonseed Oil, Carrageenan, Monoglycerid Malic Acid, Xc C (ascorbic a Gum, Polassi Flavor, Color
DIST BY GENERAL MILLS
GI
©
Carboh
May be
Nos. 6,8

These fruit flavored snacks are made with pear concentrate. See below for list of complete ingredients. Not intended to replace fruit in the diet.

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Mutant Ninja Ti
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trademarks of

Ingredients: Pears from Concentrate, Sugar, Maltodextrin, Corn Syrup, Partially Hydrogenated Cottonseed Oil. Contains 2% or less of: Carrageenan, Citric Acid, Acetylated Monoglycerides, Sodium Citrate, Malic Acid, Xanthan Gum, Vitamin C (ascorbic acid), Locust Bean Gum, Potassium Citrate, Natural Flavor, Color (red 40, blue 1).

DIST. BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA

GLUTEN FREE

© General Mills

Carbohydrate Choices: 1

May be mfg. under U.S. Pat. Nos. 6,874,296 & 7,033,625

Fruit Leathers

The why and how

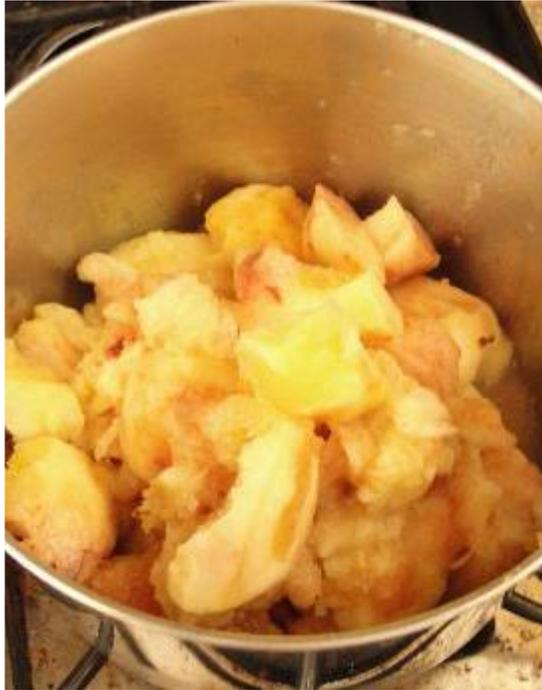
Fruit Leathers

- Easy to make
- Can taste exactly like you want them to
- Much better for you



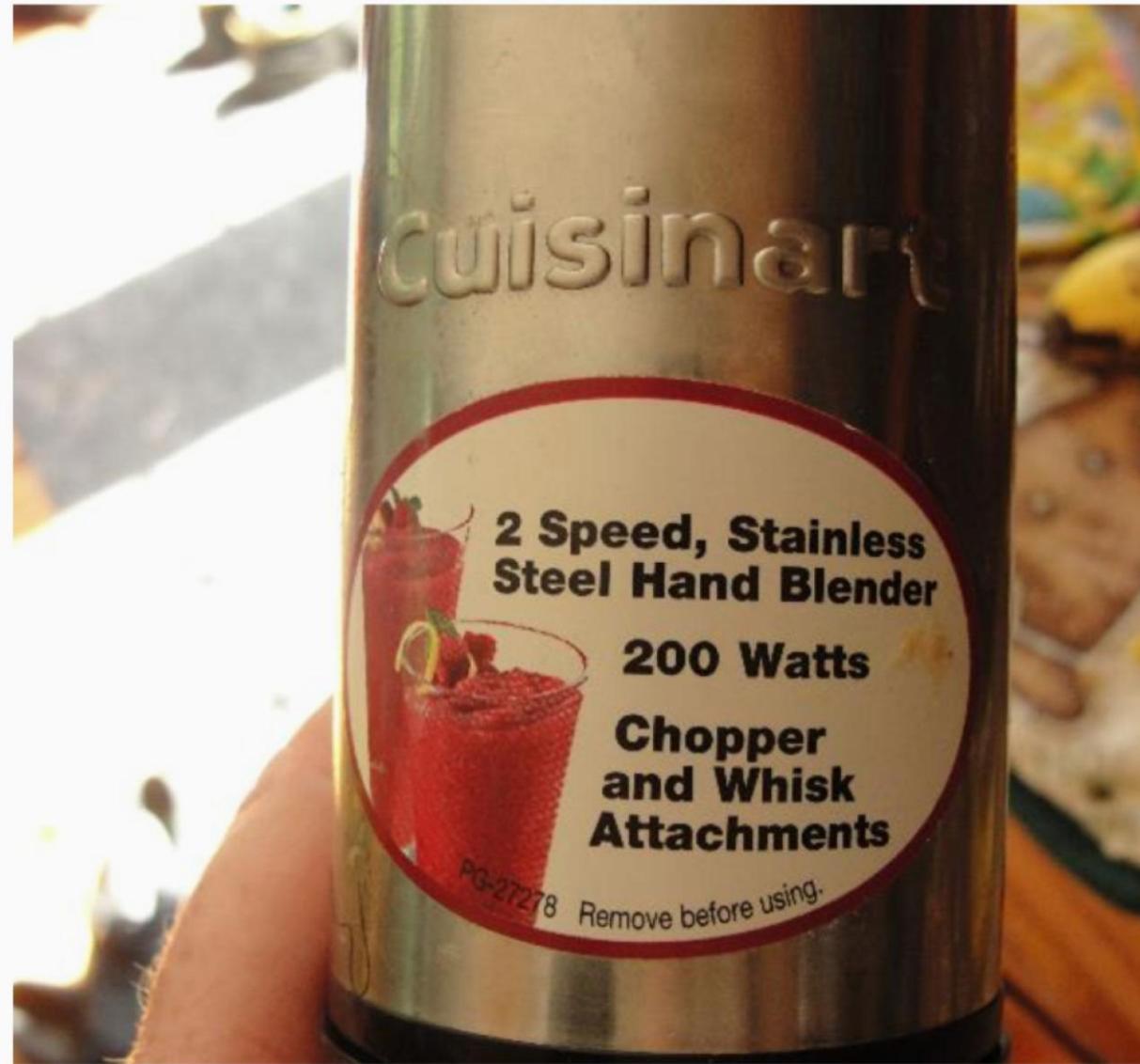
What do you need to make fruit leathers

- Dehydrator or
- Oven or
- Hot Car or
- Hot Attic (least desirable method)
- Fruit
- Stove
- Blender
- Drying sheets
- Cookie sheet



Lets start with peaches

These peaches are seconds from a local Shelburne Falls orchard. Take off the skin, cut them up, blend them or mash them. I use an immersion blender.



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Still peaches

This is just peaches, I use a little ginger and I boil it on the stove. The object is to boil off some of the water to make it thicker. I put some ground flax seed in here too, it doesn't have a taste and offers fiber and trace minerals.



Still peaches

I then cook it until it seems thick enough. You want it to have a thickness that won't run off of the sheet. Worse case scenario is that it will run and take less time but be brittle. If it is too thick it could take longer.



Still peaches

I poured my peach mixture into a container and stored in the refrigerator. It seemed to be easier to work with when it was cold. I later placed it on a dryer sheet and then shook it to flatten it out. It seems to stick too much to a spatula.



Rhubarb

The one thing that I have plenty of is rhubarb. I grow it in old tires from plants that I dug up from my parents backyard in Connecticut. Rhubarb has lutein, antioxidants, calcium and vitamin k.



Rhubarb

Rhubarb is stringy and needs to be cut into about 1" pieces. I used frozen strawberries to cook with it.



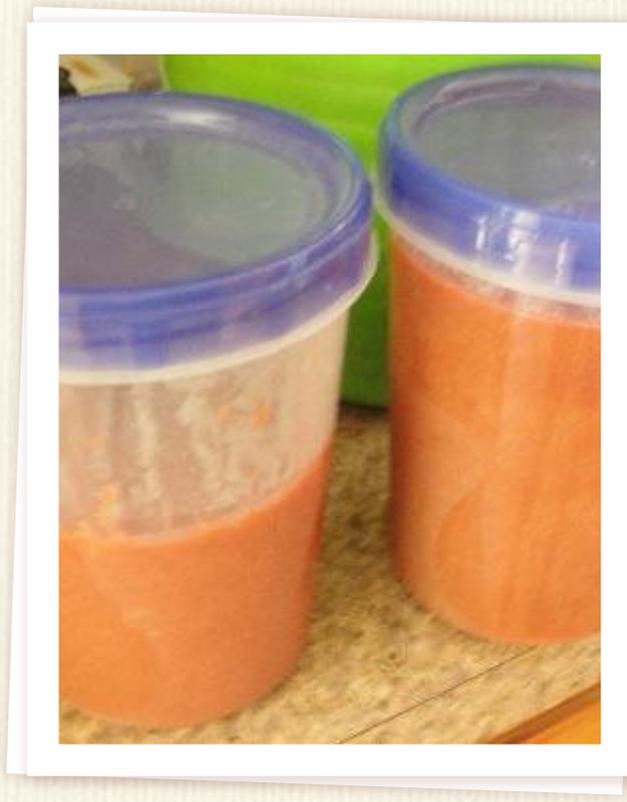
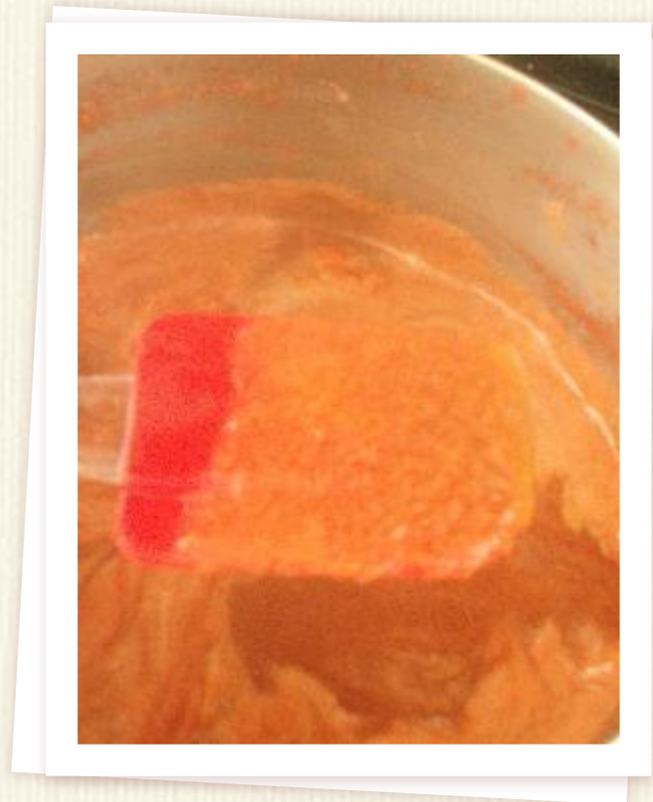
Rhubarb

I don't add any water so I just start the mixture on the stove at a lower heat and wait for the fruit to start to melt. I experiment with spices. Rhubarb isn't like peaches. It has to soften before I can use the immersion blender.



Rhubarb

This is going to get frothy as you cook it. You either have to keep stirring it or you can add just a drop of butter or oil to keep the froth down. See how much has been boiled off.



Rhubarb

After I feel confident that the liquid is this enough, I store it in the refrigerator until I am ready to put it on a dryer sheet.



What about applesauce?

I had some applesauce in the back of my refrigerator and decided to try using it. It was already thick and cold and did not need heating or boiling down. I put it down on the cookie sheet next to the rhubarb sauce.

Let's start to dehydrate! Try the attic first



This was the pan that I tried
in the attic.



The attic is hot and I
thought I'd give it a try



After 3 days, almost nothing
was changed so I had to put
it in the dehydrator.



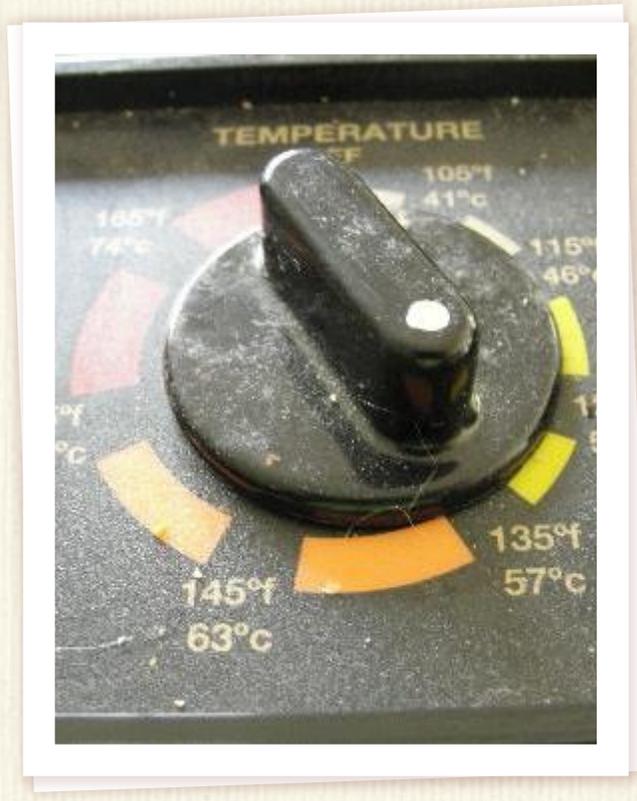
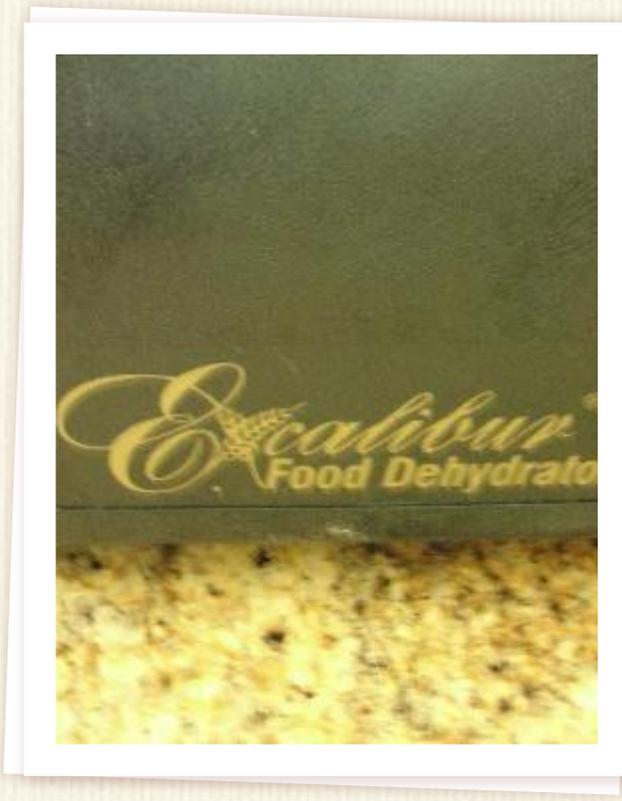
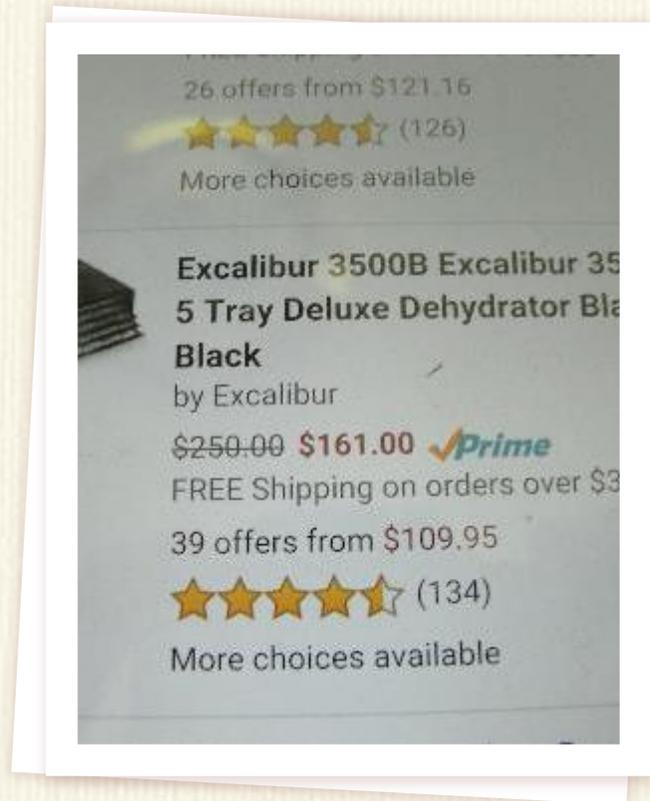
Let's try the car next

Ford Fusion 2010, any model with windows will work. This took 3 days.



Oven next

My minimum setting is 170, would be better if it were lower, took from 1:20 pm to 3 am. The beeping of the oven was annoying.



The dehydrator

I'm not going to lie, it is my favorite way to do this. This method took me 24 hours.

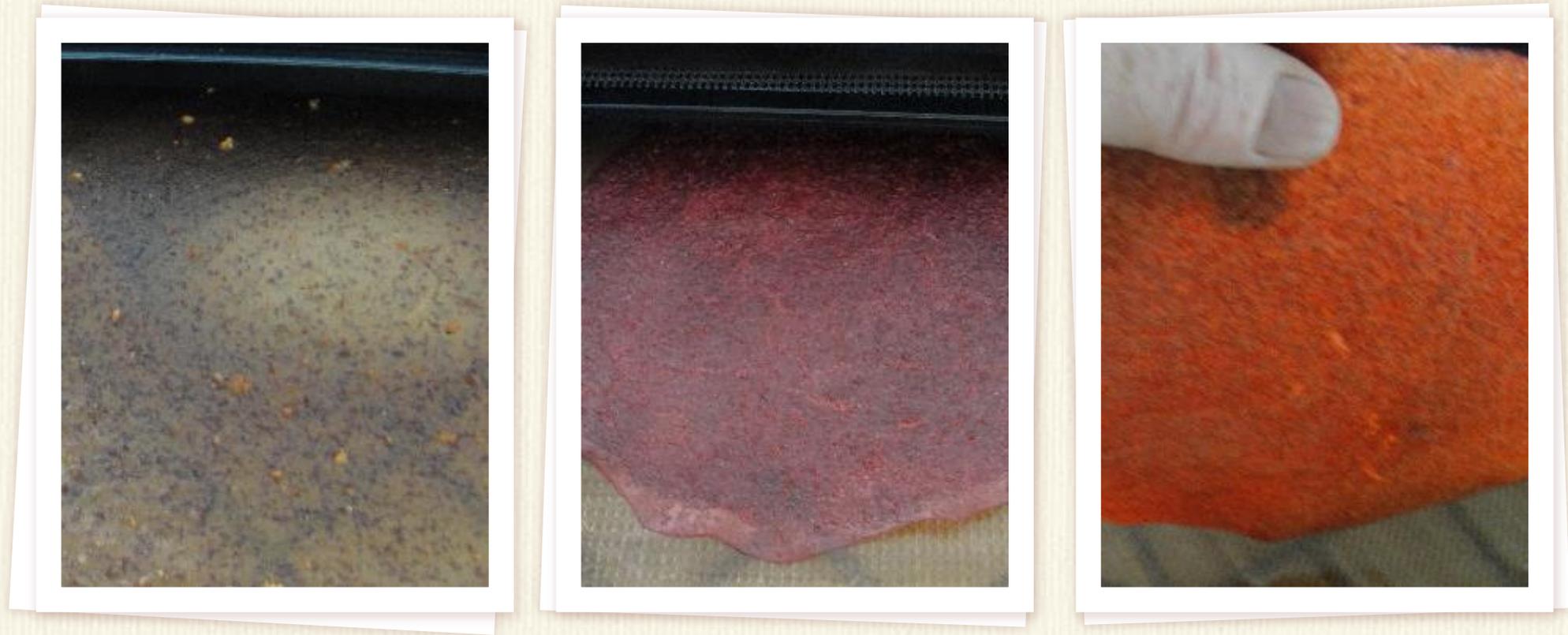
Using the dehydrator

Start out with your material on the rack with a drying sheet



I purchased a pack of 9 from amazon. Can use in over, car and they are washable.





Using the dehydrator

You judge when they are done by color, texture, taste, the ability to peel off of the sheet.

Pros and cons to each method

METHOD	PROS	CONS
DEHYDRATOR	Easier, for models with timers and heat sensors. Fills house with great smells and doesn't heat up house.	Expensive at first
OVEN	Easy, set it and go, warms up kitchen in the winter time. Fills house with a nice smell.	Minimum heat setting might be a little high so more watching is required. Ties up oven for over half a day.
CAR	Use free energy from the sun.	Dependent upon the sun.
ATTIC	Free energy.	Takes forever, chance of dust etc.



The End!

Happy Drying