

Herbal Legacy Recipes

Fruit Leather

from Master Herbalist Yvonne Salcido

- Fill blender with your choice of fresh fruit (wash and pit first)
- Add 1 T. organic raw honey (a great natural preservative)
- Blend
- Pour in dryer, you will have to use plastic wrap if dryer doesn't come with solid sheets to make fruit leather.
- Pull off plastic and turn to other side when almost dry.
- Dry completely

Make sure you seal up the dried produce in ziploc bags or a food sealer. I roll my fruit leather in plastic wrap individually then drop in ziploc bags. I use ziploc freezer bags because they are thicker plastic.

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