


Tastes better than it sounds: fruit leather

If you're looking for a concentrated, healthy hit of energy you can't get much better than fruit. But in its natural form it's mostly heavy, bulky, and fiddly, so here's a neat way of packaging it up to cart about with you.

Difficulty 

Actual work 25 mins

Total time 14 hrs +

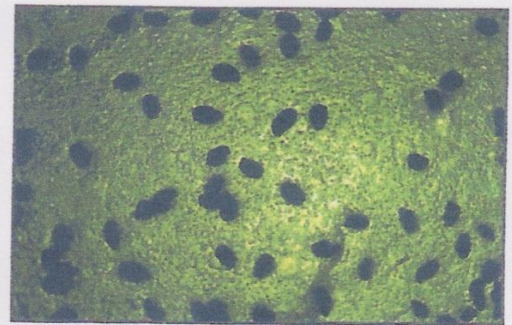
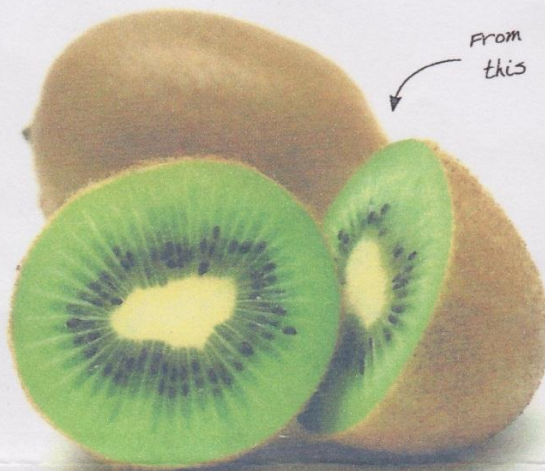
Serves You, for months

TOOLBOX

- 2 baking trays with rims
- Baking parchment or greaseproof paper
- Medium saucepan (not aluminium – use steel or non-stick lining)
- Medium-sized bowl
- Sieve (that fits in the bowl)

COMPONENTS

- 1kg of fruit – apples, blackberries, cranberries, pears, apricots, peaches, kiwi fruit or whatever you like
- 150g of honey
- Juice of 1 lemon



- 9 Cut it into strips and put it into something airtight. It'll last ages – months at least. Just grab a bit when you need a light, durable snack, and wrap it in a bit of cling film if you're likely to get muddy. That means you, mountain bikers.

METHOD

- 1 Put the oven on, as low as it'll go – 50–60°C.
- 2 Peel, stone, or core your fruit and chop the bigger ones into lumps no bigger than 3cm.
- 3 Put them in your saucepan, add the lemon juice, and cook very slowly, for about 20 minutes or until they go mushy.
- 4 Line your baking trays with one big piece of parchment/paper each.
- 5 Squish the fruit through the sieve into the bowl.
- 6 Add the honey and mix well.
- 7 Now spread the mixture very thinly over the parchment. Use the back of a spoon to make sure it's even and about 5–8mm deep.
- 8 Put it into the oven and leave it there overnight, or for at least 12 hours. It'll be done when it's completely dry and peels away from the parchment easily.

