



Strawberry Fruit Leather Recipe (with Beets)

Simple and nutrient-dense natural fruit leather snacks made with fresh strawberries, optional honey and sneaky extra nutrients from beets.

Serves: 16+

Ingredients

- 2 medium beets, peeled and steamed until soft (optional, sub ½ cup extra strawberries if you don't use)
- 4 cups of fresh or frozen strawberries (defrost if using frozen)
- ½ cup honey or maple syrup (optional) or ½ cup pitted dates
- 2 tablespoons fresh lemon, lime or orange juice

Instructions

1. Preheat the oven to 170 degrees (or use a dehydrator)
2. Puree the cooked beets (cooled), strawberries, honey/maple syrup/dates, and citrus juice in a blender until completely smooth. If using frozen defrosted berries, the liquid will be thinner. If using fresh berries, you may have to add a couple teaspoons of water to get the mixture smooth enough to spread. The mixture should be pourable but not thin enough to run off the baking sheet.
3. Line two rimmed baking sheets with parchment paper or [silicon baking mats \(safe at low temperatures\)](#).
4. Pour/spread the mixture evenly onto the two lined baking sheets.
5. Place in oven and cook until firm and no longer sticky to the touch (3-4 hours in most ovens).
6. Remove from oven and let cool.
7. Cut into strips and roll up with parchment paper. Store in an air-tight container until ready to eat.
8. Can be stored in the refrigerator or freezer in an airtight container for up to a week (fridge) or two months (freezer).



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