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Dig in to a Healthy Snack: FRUIT Roll Ups



BlueBerry Chia Seed Fruit Leathers

Ever had leftover old fruit that ripened way too fast? If so, fruit leathers are the perfect way to extend the life of such fruit. Fruit leathers extend the life of fruit by an extra two weeks. This number may even turn into four weeks if you refrigerate it.

Fruit leathers are the perfect snack or treat for many reasons. For one, it is a super easy snack for when you are busy. Whether you are a busy mom, student, or want an easy snack, fruit leathers are the perfect treat. As a college student, I am always in a rush. Even now, while having zoom classes. I like to meal prep; these fruit leathers are the perfect snack. It is a quick, easy, and healthy snack that requires minimal cleanup.

Another great benefit of making your own fruit leathers is how sustainable this snack is. For one, by dehydrating fruit and making it into fruit leathers, you are extending the shelf life of the fruit. By extending the shelf life of food, it gives us more time to eat our fruit and prevent the production of more food waste. According to the FDA, food waste is estimated between 30-40 percent of the food supply. This means that land, water, energy labor, and other resources are disposed of when we throw away our food. This means throwing away environmental resources and work that could have been used to feed others. Thus, by reducing food waste, we are preventing our resources from going to waste.

Another great thing about fruit leathers is how portable they are. They are perfect for going to work and or on a hike. Before making this recipe, I would buy fruit leathers from the farmer's market and use them as a healthy candy replacement. I took it to a hike near the beach once and

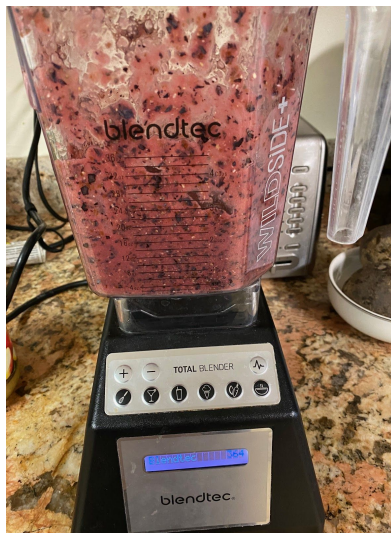
was perfectly satisfied and energized throughout the hike. These fruit leathers have become my new favorite snack since they remind me of the Foot roll ups I used to have as a child.

Well enough talking! Let's get into this recipe.

This recipe is from the blogger Jessica Pinney from Cooking with Janica. The ingredients you need are ½ half cup of apple sauce, 2 cups of blueberries, 4 Medjool dates, and 2 tablespoons of chia seed. You will also need a dehydrator set to 115 °F.



Next, add all ingredients to a blender or food processor until you get a thick smoothie recipe.



After blending, spread over parchment paper over a food dehydrator tray. Out of this whole recipe, this is the trickiest part. You have to make sure it is spread as evenly as possible. Try to avoid as bumps as you can. To get the best result, you may use a frosting spatula or the back of a knife.



Next, place the tray into the food dehydrator set at 115 °F. Now let it sit for 8-12 hours. The final texture should still be sticky while holding in place.





Now you may enjoy this quick, healthy and easy snack!



Bibliography

Pinney, J. (2019, November 21). Homemade Blueberry Chia Seed Fruit Roll Ups. Retrieved December 07, 2020, from <https://cookingwithjanica.com/blueberry-chia-seed-fruit-roll-ups-recipe/>

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