

# Fruit Leather

FNH-00228

## Flavor-Packed and Nutritious

Fruit leather is a dried fruit treat, chewy and flavorful. High in fiber and carbohydrates, fruit leather is naturally low in fat. When the water is removed from fruit during the drying process, the remaining sugars, acids, vitamins and minerals become concentrated in the remaining solid part of the fruit, making fruit leather a nutritious snack.

## Antioxidant Rich

Current research in measuring antioxidant levels in Alaska wild berries has found that when different freeze processing methods were used in preserving wild berries, such as canning in syrup and making jams and sauces, antioxidant levels were highest in both dried fruit and fruit leathers. Antioxidants are a group of biochemicals that work to absorb electrons from free radicals that damage healthy cells. Although research is on-going, experts have reported that free radical damage may contribute to aging, rheumatoid arthritis, Alzheimer's disease, high blood pressure, schizophrenia, memory loss, Parkinson's disease, asthma/bronchitis and emphysema, among others. Therefore, antioxidants have been shown to be an important part of the human diet.

## Great for Gifts!

Pick and freeze berries when they are ripe.

When the winter holiday season rolls around, you can make a variety of fruit leathers. You might put an assortment into gift boxes for those hard-to-shop-for friends and family members.



## Lightweight for Leathers and Camping

Because fruit leathers are lightweight, they store and pack easily. You might



make several varieties to pack in the lunchbox or for that mid-morning or afternoon snack. Think about packing them in backpacks to take along when hiking, camping and fishing.

## Making Fruit Leather

### Making the Puree

Here are some examples of how to make purees for fruit leather. For additional recipes using Alaska wild berries, refer to the Cooperative Extension Service publication FNH-00120, Using Alaska's Wild Berries and Other Wild Fruits.

**Note:** The desired consistency of puree that is most suitable for drying into leather is that of applesauce.

### Basic Berry Puree

To make the berry purees listed in this publication, rinse berries, drain, put in a blender and blend until the consistency of a thick puree. Most berries do not need to be cooked.