

SASKATOON BERRY AND APPLE FRUIT LEATHER

Ingredients:

250 g (about 3 medium apples) apple, diced with skin on
500 g (about 1 ½ cups) saskatoon berries
45 ml (3 Tbsp) lemon juice
45 ml (3 Tbsp) maple syrup
2 pinches of cinnamon

To Make:

- 1) Combine apple, saskatoon berries, lemon juice, maple syrup and cinnamon in a pot and bring to a boil. Reduce to a simmer and cook just until apples are tender.
- 2) Puree in blender until smooth.
- 3) Spread onto a parchment-lined baking sheet, just thin enough for the mixture to cover the bottom.
- 4) Put in oven set to 175 F, uncovered, for 6 hrs.
- 5) Let cool completely, then roll up and cut into individual portions, using parchment paper in the roll to prevent sticking.
- 6) Store in an airtight container up to a week in the fridge or up to three months in the freezer.

Recipe courtesy of Chef Jennifer Lessard, Inspired by Nature Culinary Consulting.

This recipe is authorized for use ONLY with schools. This recipe should not be shared outside of the Come to the Table: Exploring School Food Together Gathering Oct 27-28, 2022 and is not to be used commercially.