

Blueberry Fruit Leather

Ingredients:

- **6 cups of blueberries**
- **2 TBS maple syrup or honey**
- **pinch of salt**
- **1 TBS lemon juice (optional)**

Equipment:

Oven or dehydrator

Parchment paper

Process-

- In a 3 quart saucepan bring blueberries, maple syrup or honey, lemon juice, and salt to a boil. Turn heat to medium low, stir periodically, and boil until little liquid remains- about 35-40 minutes.
- Transfer blueberries to a blender, and blend into a smooth puree.
- Line a cookie sheet with oiled parchment or a silicone mat and pour blueberry mixture on a cookie sheet. Spread evenly.
- Bake at 170 degrees for about 4 hours until fruit is dry, but pliable.

If using a dehydrator: Dehydrate the leather on the fruit setting, or roughly 135 F for 6-8 hours. Leather is done when fruit is dry, but pliable.

