

# Homemade Fruit Roll Ups!

By [Food Babe](#)

I used to eat the heck out of Fruit Roll Ups when I was younger. They were a STAPLE in my lunch box and when I'd get home from school, I would eat a couple of them almost everyday. Pulling that fruit leather right off that plastic sheet – oooooohhhh, actually my mouth is just watering thinking of them. However, the problem with [Fruit Roll Ups, Fruit ByThe Foot and other store-bought fruit snacks](#) is that they are full of artificial ingredients, GMOs and other nasties I don't want in my body. And that's why I make these instead and they just happen to make a beautiful gift for any occasion too! They taste so much better than the packaged variety too, so fresh and delicious.



Food Babe's Homemade Fruit Leather (Fruit Roll Ups)



**Print**

**Prep time**

5 mins

**Cook time**

6 hours

**Total time**

6 hours 5 mins

Serves: 20 pieces

## Ingredients

- 6 cups fruit, chopped (you can use strawberries, peaches, blueberries, etc)
- 3 tablespoons raw honey or sweetener of choice

## Instructions

1. Preheat the oven to 200 degrees.
2. Place the fruit in a blender along with the honey or sweetener of choice. Blend until smooth.
3. Line a baking sheet with parchment paper. Spread the fruit mixture onto the parchment paper in an even layer roughly  $\frac{1}{8}$ " thick. (Note: You may need to use 2 baking sheets if you have extra.)
4. Place the baking sheet in the oven and bake for 4-6 hours or until the fruit leather peels away easily.
5. Gently peel the fruit leather off of the parchment paper. Cut into strips or your desired shape. Store in an airtight container for up to one month.

## Notes

\*\*Please choose all organic ingredients if possible.\*\* You can make these look fancier by adding orange or lemon zest too!