

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Peach Fruit Leather

From *Weelicious Lunches* by Catherine McCord

This is a great way to use up some of your summer peaches, and it is a simple, healthy treat to pack in your kid's lunchboxes. One of the best things about this recipe is that it stays good for weeks, if not months.

Makes 7 long strips

4 cups chopped peaches, skin on (about 4 ripe peaches)  
1 Tbsp honey

1. Preheat the oven to its lowest setting, around 175° (135° is using a dehydrator).
2. Place the peaches and honey in a blender and puree until smooth.
3. Pour the mixture onto a parchment-lined baking sheet and use the back of a spoon or spatula to spread it very evenly into a large rectangle, about 11x15 inches.
4. Bake for 3 to 4 hours, or until the fruit leather is dry and not sticky to the touch. Remember, baking times will vary depending on how thick you spread your mixture and how much water (juice) is naturally in the fruit. The leather should be dry to the touch, not burned, if you're using an oven. The time could be as little as 2 hours if your oven runs hot. (If you're using a dehydrator, cook for 5 hours or until dry to the touch.)
5. Cool at room temperature; it takes several hours for the fruit to soften up. When you first take the fruit leather out of the oven, the edges will be a bit dry and crispy, but if you allow it to sit overnight it softens up nicely.
6. Using a knife, pizza cutter, or kitchen shears, cut the leather into seven 2-inch-wide-by-14-inch-long strips. Roll the leather into fruit rollups. Un-roll and peel off the paper when you're ready to eat.