

<b>Season:</b>	Year round
<b>From the garden:</b>	Seasonal fruit from the garden
<b>Type:</b>	Snack/Lunchbox
<b>Difficulty:</b>	Easy
<b>Serves:</b>	30 servings (depending on the size cut)

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## Equipment

- Chopping board
  - Kitchen Knife
  - Vegetable peeler
  - Measuring spoons
  - Blender (for Method 1)
  - Saucepan (for Method 2)
  - Potato masher (for Method 2)
  - Sieve
  - Spoon
  - Oven tray
  - Baking paper
  - Spatula
  - Kitchen scissors
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## Ingredients

- 2-3 cups seasonal fruit – any stonefruit, berries, feijoas, apples, pears will work. Canned peaches or apricots or frozen berries can work too.
  - An apple or pear (see note below)
  - 1 teaspoon lemon juice
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## How to make it – Method 1 Using a blender

1. Preheat the oven to 140°C
2. Line the baking tray with baking paper
3. Peel and chop the seasonal fruit and the apple/pear. If using canned fruit, choose fruit preserved in natural juice and drain before using. If using frozen berries, defrost first and pour off the juice before using.
4. Put in the blender with the lemon juice and blend until very smooth.
5. If you have used a fruit with seeds such as berries or feijoas, push the purée through a sieve onto the baking paper and then spread thinly and evenly using the spatula (about 5mm thick). If you used soft fruit like canned peaches you can skip this step and spread the purée straight onto the baking paper.
6. Bake at 140°C for approximately 2 hours. Watch it very carefully so that it doesn't burn, and don't let it go brown. When the purée is set but still sticky take it out of the oven and leave to cool.
7. Leave the paper on. Using kitchen scissors, cut the rollups into strips about 3cm wide and rollup each strip.
8. As long as the puree is properly dry, they can be kept in an airtight container or jar for up to 2 weeks or can be kept in the freezer for longer.

## How to make it – Method 2 Without a blender

9. Preheat the oven to 140°C
10. Line the baking tray with baking paper
11. Peel and chop the seasonal fruit and the apple/pear. If using canned fruit, choose fruit preserved in natural juice and drain before using. If using frozen berries, defrost first and pour off the juice before using.
12. Put in a saucepan with one Tablespoon of water and cook gently until very soft. Let it cool. Mash with a potato masher and add the lemon juice.
13. Push the purée through a sieve (using a spoon to force it through the holes) onto the baking paper and then spread thinly and evenly using the spatula (about 5mm thick).
14. Bake at 140°C for approximately 2 hours. Watch it very carefully so that it doesn't burn, and don't let it go brown. When the purée is set but still sticky take it out of the oven and leave to cool.
15. Leave the paper on. Using kitchen scissors, cut the rollups into strips about 3cm wide and rollup each strip.
16. As long as the puree is properly dry, they can be kept in an airtight container or jar for up to 2 weeks or can be kept in the freezer for longer.

### Notes:

- Apples, pears and lemons have high levels of pectin and help the rollups set with a more jelly-like texture. You can make the recipe using just apples and/or pears but the rollups will turn brown in the oven. Adding a handful of frozen raspberries or blueberries will give the rollups a nicer final colour.
- Pears and feijoas make rollups with a more grainy texture.
- If you have time, you can cook the rollups for longer at a lower temperature to make sure they don't burn. At 100°C they will take around 6 hours and at 50°C they will take about 12 hours.
- If the rollups have gone crispy when you take them out of the oven, leave them on the baking paper for a few hours until they have softened, then cut into strips.
- At Garden to Table we believe that any food can be eaten in moderation. These rollups are high in sugar but keep in the fibre that helps fills your stomach up. These are much better for you than the ones you can buy in the shop, but they are still not an every day food – enjoy them as a sweet lunchbox treat every now and then.

### Skills:

- Chop, **purée\***

\* Purée: crushing food into a smooth paste using a blender, stick blender or a sieve.