SHOPPING LIST

Strawberry Fruit Leather

- ☐ Frozen Strawberries
- ☐ Sugar
- ☐ Kosher Salt

CUT

CUT

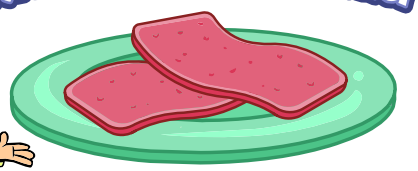
CUT

Professor Fizzy presents

FIZZY'S LUNCH LAB

SNACKS

Strawberry Fruit Leather



VEGETARIAN	TIME	DIFFICULTY	SERVES
V	🕒	M	6
YES	Over 6 hours	Medium	

YOU WILL NEED

1 (16 ounce) bag
frozen strawberries, defrosted

¼ cup
sugar

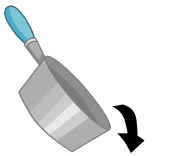
pinch
kosher salt

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

Nonstick liners, such as silpat mats, are sold in the baking section of most kitchen stores. A smoothed sheet of nonstick aluminum foil may be used in place of a silpat mat.

STEP 1: Preheat the oven to 200 degrees. Line a rimmed baking sheet with a nonstick liner. Puree the strawberries, sugar and salt in a blender until smooth. Transfer to a medium saucepan and bring to a boil over medium-high heat. Reduce the heat to low and simmer, stirring often, about 20 minutes.



STEP 2: Pour the mixture onto the prepared baking sheet and spread so that the edges are slightly thicker than the center. Bake until the puree is dry but still slightly tacky, 2 to 3 hours. Remove the fruit leather, still attached to the liner, to a wire cooling rack, and cool for 3 hours. Cut the leather into 6 by 2-inch strips and store in an airtight container. Can be stored at room temperature for 1 month.

Nutrition Facts

Serving Size 1 strip (82g)
Servings Per Container 6

Amount Per Serving
Calories 45 Calories from Fat 0
% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 1g	

Vitamin A 0% • Vitamin C 50%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4