Easy Fruit Rolls



Our Easy Fruit Rolls recipe is ideal for snacking on-the-go. Made with nature’s natural sweeteners, kids and parents alike will enjoy this healthy treat. Use any variety of our NESCO Dehydrators to thicken fruit puree into chewy, juicy strips. If you want, add your favorite mix-ins such as nuts or fresh fruit.

Your Key Ingredients:

NESCO Dehydrator
NESCO Fruit Roll Sheet

Grocery Ingredients:

24 oz jar applesauce, any flavor
Fresh, pureed fruit, powdered, flavored gelatin, coconut, or nuts (mix in or sprinkle on top before drying)

Instructions:

1. Wipe a **NESCO® Fruit Roll Sheet** (lightly) with any type of cooking oil. To make small roll-ups, place several tablespoons of applesauce on a sheet.
2. Spread to 1/4″ thickness, about 4″ in diameter. Depending on how large you make them, 6 to 8 can fit on a fruit roll sheet.
3. Place in your **NESCO® Dehydrator** on a dehydrator tray. Dry at 140° F approximately 5 to 7 hours or until dry and not tacky.
4. Remove and place in a storage container.

Option: Entire fruit roll sheet may be covered with applesauce mixture and then dehydrated. When dry, cut into individual serving sizes.