Strawberry Fruit Roll-Ups (Dehydrator Method – All Natural)



Homemade strawberry fruit roll-ups are a healthy, all-natural snack made by drying blended fresh strawberries into chewy, sweet fruit leather—no added sugar or preservatives.

Your Key Ingredient:

NESCO Dehydrator

Grocery Ingredients:

- 4 cups fresh strawberries (hulled)
- 1–2 tbsp honey or maple syrup (optional)
- 1 tsp lemon juice (for color and flavor)

Instructions:

1. **1. Blend the Fruit**
    - In a blender or food processor, combine:
        - 4 cups strawberries
        - 1 tsp/ lemon juice
        - Optional: 1–2 tbsp honey or maple syrup if strawberries aren’t sweet enough
    - Blend until very smooth.

3. Prepare Dehydrator Trays

- Line dehydrator trays with **NESCO Fruit Roll Sheets fruit leather sheets**.
- Pour the puree onto the trays and **spread evenly** to about **1/8 inch thick**.

4. Dehydrate

- Set dehydrator to **135°F (57°C)**.
- Dry for **6–8 hours**, depending on your dehydrator and humidity. It’s done when:
    - The surface is dry and not sticky
    - It peels away easily from the liner but is still flexible

5. Cool, Cut, and Roll

- Let it cool completely.

- Cut into strips with scissors or a pizza cutter.
- Roll them up with parchment paper strips if you like for easy snacking.