



Master Food Preservers of Humboldt & Del Norte Counties

Recipes

Citrus-Banana Fruit Leather

Instructions

1. Select ripe citrus, approximately 1½ cups white grapefruit, 1½ cups ruby grapefruit, 2 cups oranges, and 2 ripe bananas per batch—this will make approx. 3 trays.
2. Wash in citrus in cool water. Peel, cut into chunks and measure.
3. For slightly sweeter leather, use more orange and less grapefruit.
4. Peel and break bananas into chunks.
5. Add 2 tsp. of lemon juice.
6. Add ½-1 cup of honey, or to taste. Some honey (or other sweetener will be needed). Adding ½ cup of chopped dates can substitute for some of the honey.
7. Combine all ingredients and blend until smooth.
8. Pour approx. 1 very full cup of product onto the center of the silicone sheet or parchment paper. DO NOT use waxed paper or aluminum foil.
9. Tilt the tray until you have a large circle/square, approx. 1/8 inch thick with edges slightly thicker than the center. (Leather will dry more quickly on its edges.)
10. Dry at 135-140°F 8-12 hours or until dry, but times will vary greatly with ambient humidity. Leather may feel slightly tacky, but it should peel cleanly from the sheet. The bottom will be shiny and it will be pliant with the texture of leather.
11. When done, roll into a roll with plastic wrap and let cool. Then roll in more plastic and/or place into an airtight container for storage.