

Recipe

Summer Fruit Chips

INGREDIENTS:

2 cups frozen
berries of choice
2 cups fresh spinach
1 apple, chopped
2 T. honey OR pure
maple syrup
4 T. water

*Caution: Always check for allergies
before serving foods. Make
substitutions as needed

DIRECTIONS:

Invite children to help you measure the ingredients and carefully add them to the blender. Blend until smooth (adult only).

Preheat an oven to 170°F. Place a piece of parchment paper on a baking sheet. Pour the mixture onto the parchment paper and smooth the surface with a spatula. Bake in the oven for eight hours, or until no longer sticky.

Bring out to cool. Break into chips and enjoy as a snack.

Note: Depending on the humidity level in your area, the baked mixture may soften when it cools. Tear it into pieces and enjoy as a fruit leather rather than as chips

