

Figure By Jessica Presents: **PERFECT PROTEIN INFUSED FRUIT LEATHER**



4 cups of fruit makes about one baking/cookie sheet of fruit leather.

WHAT YOU'LL NEED:

Fresh fruit (4 cups per serving)

Water (1/2 cup)

1tsp lemon juice

2 scoops Diesel Whey Isolate (I use either Strawberry, Banana, or Pineapple Mango, or a combination of the the three)

Your favourite healthy sweetener (Stevia, Honey, Agave Nectar, etc)

INSTRUCTIONS:

1 Rinse your fruit. Make sure to pit, core, and de-stem the fruit because we want a smooth consistency of our puree. Make sure to peel apples and pears as well.

2 Place the fruit in a large saucepan. Add the 1/2 cup of water for every 4 cups of chopped fruit. Simmer, cover and let cook on a low heat for 10-15 minutes, or until the fruit is cooked through. Uncover and stir. Use a potato masher to mash up the fruit in the pan. Remove from heat and add the 2 scoops of Diesel Whey Isolate, as well as one teaspoon of lemon juice to help brighten the flavour of the fruit. Add a pinch or two of cinnamon, nutmeg, or other spices to augment the flavour if you wish!!

3 Now, transfer your mixture to a blender or food processor and puree it until it is a nice, smooth consistency. You can also use a wand-type mixer and puree the mixture in a large bowl.

4 Line a rimmed baking sheet with parchment paper and pour out the purée into the lined baking sheet to about an 1/8 to 1/4 inch thickness.

5 Place the baking sheet in the oven and heat the oven to a low 140°F. If you have a convection setting, use it, it will speed up the process and help dry out the purée. Let dry in the oven like this for as long as it takes for the purée to dry out and form fruit leather. We usually keep it in the oven overnight, so about 8-12 hours. The fruit leather is ready when it is no longer sticky, but has a smooth surface.

6 When the fruit leather is ready, you can easily peel it up from the plastic wrap. To store it, roll it in its plastic wrap, put it in an airtight container and store in the refrigerator or freezer.

TIP: if you're in a hurry and need to save time, just use an organic baby food...It's already been cleaned, stewed and pureed!!!

For more fun, workout inspired recipes, visit www.figurebyjessica.com