

# Lunchbox Laughter

## Fruity Fun!



### Fruit Leather

#### Ingredients

500g raspberries  
400g cooking apples (chopped)  
200g caster sugar  
100ml water

#### Equipment

Baking parchment  
Saucepan  
Blender  
Sieve  
Baking sheet  
Oven

#### Method

1. Put all of the ingredients in a saucepan with 100ml water
2. Cover and cook gently until the apple has collapsed
3. Cool and purée with a blender until smooth
4. Pass through a sieve to remove the seeds and skin
5. Line the baking sheet with baking parchment and spread the mixture thinly (about 3mm thick)
6. Place in the bottom of the oven and set the temperature to 80°c
7. Leave to dry out overnight with the oven door open until the leather is dry but tacky
8. Cut the leather into strips and roll up

The recipe can be adapted substituting the raspberries for a different fruit, blackberries and strawberries work particularly well.

### Banana Chips with Chocolate Soy Nut Butter

#### Ingredients

*For the banana chips*  
2 bananas  
Glass of orange juice

#### Equipment

Oven  
Blender  
Dish

#### *For the soy nut butter*

150g soy nuts  
2 tablespoons cocoa powder  
A little sugar to sweeten (if desired)

#### Method

1. Slice the bananas thinly and dip in the orange juice
2. Bake at 250°c for 15 – 20 minutes until crisp
3. Blend the soy nuts to the desired consistency
4. Stir in the cocoa powder and sugar (if using). Add a little water if the mixture is too thick
5. Serve the nut butter in a dish with the banana chips to dip

Try varying the soy nut butter using different types of seeds such as sunflower or pumpkin seeds.