

Blueberry Fruit Rolls



QUICK

About 5 mins
prep time
5 hours cooking

HEALTHY

By dehydrating the blueberries, you tend to eat more, so be aware that there is more fibre but more sugar too

FAMILY

Where are the blueberry rolls? All gone? These won't last long!

MEALS

Very transportable as a sweet chewy, snack

INGREDIENTS

- 400g blueberries

METHOD

- 1) Put the oven on to 50°C (Fan oven)
- 2) Wash blueberries
- 3) Put into a blender or food processor
- 4) Whizz till smooth
- 5) Pour onto a lined oven tray approx. 30 x 38 cm
- 6) Spread *evenly* up to the edges
- 7) Cook for approx. 5 hours till not sticky to the touch and you can easily peel it off the tray
- 8) If the middle is still sticky – tear off the bits that are ready and pop the middle back into the oven for another 30 mins
- 9) Tear/ roll/ eat



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com