

Cleo Coyle's Healthier Apple Pie Roll-Up Candy

Text and photos (c) by Alice Alfonsi who writes [The Coffeehouse Mysteries](#) as [Cleo Coyle](#) with her husband, Marc Cerasini.

While store bought roll-up candy can include such unsavory ingredients as corn syrup, cottonseed oil, and artificial colorings, this homemade version uses better tasting and better-for-you stuff. It's an easy recipe that creates a sweet, chewy snack with the flavor of apple pie. You can make it with a natural sweetener like maple syrup or with a sugar substitute (such as Stevia or monkfruit). You're in control, so feel free to make your Apple Pie Candy Roll-Ups as sweet or as tart as you like. May you eat (and read) with joy! ~ **Cleo**

Makes 1 half-sheet pan (18" x 13") of Apple Pie Roll-Up Candy

Ingredients:

1 23-ounce jar (2-1/3 cups) natural, unsweetened apple sauce

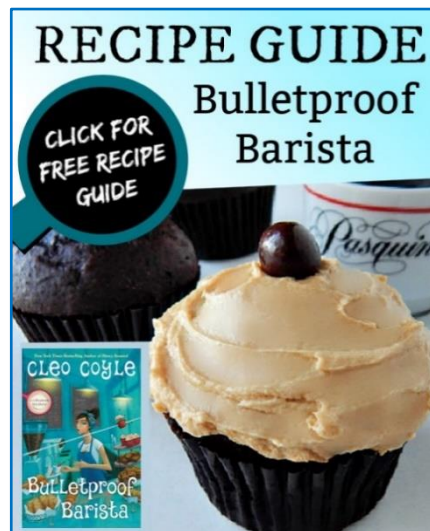
(Do not use chunky apple sauce)

1-2 Tablespoons pure maple syrup *(for a completely sugar-free version, leave this out or replace with a bit of sugar-free sweetener, such as Stevia or monkfruit, adjusting the amount to your own taste)*

1/2 teaspoon pure vanilla extract

1/2 teaspoon apple pie spice *(*or make your own, see next page)*

Directions: Whisk together all ingredients until well blended. Line a rimmed half-sheet pan (18 x 13- inches) with parchment paper or a silicone sheet. Pour the apple sauce mixture into the paper-lined (or silicone lined) pan. TILT the pan in each direction until the mixture is evenly spread over the entire pan. (For best results, do not use a utensil to spread the mixture. Tilting will give you the best results for an even thin layer over the entire pan.)



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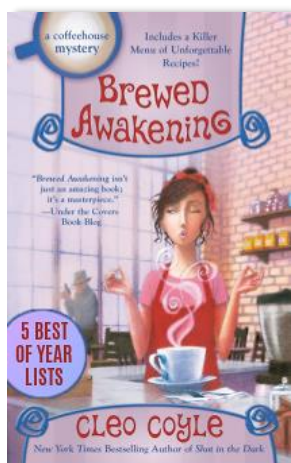
Bake at 170° Fahrenheit for about 6 to 8 hours (time will depend on your oven). Do not increase heat. The low heat and long cook time is necessary for apple sauce to properly dehydrate.

When is it done? As the roll-up slowly gives up its moisture, it will harden and “finish” from the outside edges in. Watch for the center of the pan to become as dry and un-sticky as the outside edges. Then you know the roll-up is done. Do not over-cook. Remove from oven and allow to cool. Carefully peel the fruit roll-up off the parchment paper or silicone sheet. (See my photos.) Wrap immediately in plastic to preserve the chewiness of the roll-up and prevent over-drying.

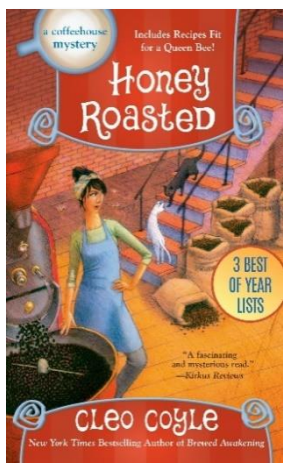


How to store: You must wrap the roll-up in plastic fairly soon after it's finished dehydrating to prevent it from over-drying. No need to refrigerate. It should keep up to two weeks this way.

***Apple Pie Spice:** Here's how to make your own: For every **1 teaspoon** mix the following: **1/2 teaspoon ground cinnamon, 1/4 teaspoon ground nutmeg, 1/8 teaspoon ground allspice, 1/8 tsp ground cardamom** (some cooks replace cardamom with ginger).



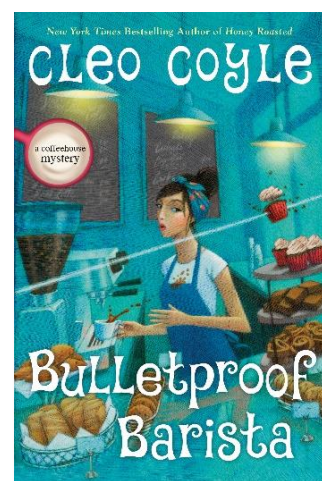
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Eat with joy! ~ Cleo

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