

Cleo Coyle's Applesauce Fruit Roll-Ups

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

The apple sauce, maple syrup, vanilla, and spices in this recipe create a sweet, chewy snack that tastes like apple pie, but without the calories. This "fruit candy" is also easy to prepare. While store bought Roll-Ups include corn syrup, cottonseed oil, and artificial colorings, your homemade version can use better tasting (and better for-you) ingredients and natural sweeteners like maple syrup, honey, or agave. You're in control of the recipe so you can make your Roll-Ups as sweet or as tart as you like. You can also use artificial sweeteners if you're trying to cut sugar out of your diet. May you eat (and read) with joy! ~ **Cleo**



Makes 1 half-sheet pan (18" x 13") of Apple Fruit Roll-Ups

Ingredients:

1 23-ounce jar (2-1/3 cups) natural, unsweetened apple sauce
(Do not use chunky apple sauce)

1-2 tablespoons maple syrup (or use your favorite sweetener,
adjust 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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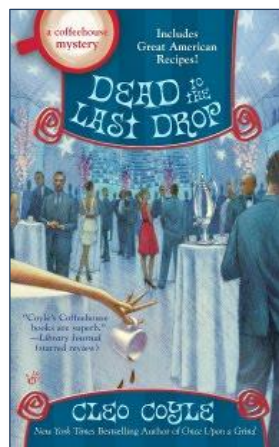
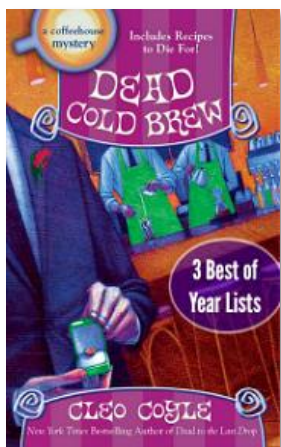
Bake at 170 degrees Fahrenheit for about 6 to 8 hours (time will depend on your oven). Do not increase heat. The low heat and long cook time is necessary for apple sauce to properly dehydrate.

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.



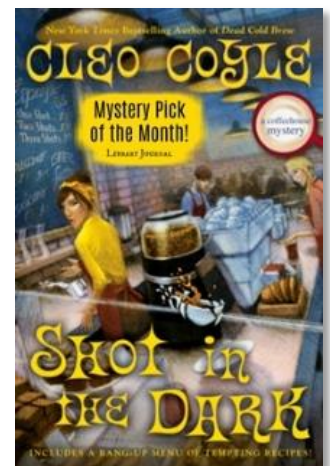
How to store: You must wrap the roll-up in plastic fairly soon after it's finished dehydrating to prevent it from over-drying. No need to refrigerate. It should keep up to two weeks this way.

***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).



Eat with joy! —Cleo

The [Coffeehouse Mysteries](http://www.CoffeehouseMystery.com) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes. To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at www.CoffeehouseMystery.com And her recipe blog at www.CleoCoyleRecipes.com



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