



## RASPBERRY PEACH ROLL-UPS

**SERVES: 7** (approx. 2 roll-ups each) Prep Time: 10 min. Cooking Time: 3 hrs.

CONTAINER EQUIVALENTS (per serving):  ½

**1½ cups**      **fresh (or frozen) raspberries**  
**1½ cups**      **sliced frozen (or fresh) peaches**  
**1 tsp.**         **raw honey\* (or coconut sugar)**

### SPECIAL EQUIPMENT:

**Silicone baking mat (or parchment paper)**

**Nonstick cooking spray (optional)**

**Parchment paper**


1. Preheat oven to lowest setting (ours was 150° F).
2. Line baking sheet with silicone baking mat (or parchment paper and lightly coat with spray).
3. Place raspberries, peaches, and honey in blender (or food processor); cover. Puree until well blended.
4. Pour raspberry mixture onto prepared pan. Spread into a thin, even layer about ⅛-inch thick with a spatula.
5. Bake for 3 to 4 hours, or until roll-up is barely tacky to the touch and your finger does not leave an indentation.
6. Allow to cool completely. Trim edges. Invert baking mat onto a piece of parchment paper; loosen and remove roll-up. Cut into fourteen 1-inch wide strips.


### RECIPE NOTES:

- Silicone baking mats provide even heat transfer and prevent foods from sticking. They can be found in cookware stores.
- Store in an airtight container at room temperature for up to 2 weeks.

**NUTRITIONAL INFORMATION (per serving):** Calories: 42 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 5 mg Carbohydrates: 10 g Fiber: 2 g Sugars: 8 g Protein: 0 g

\*Do not feed honey to children younger than one year.

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the  icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

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