

Tie dyed fruit straps.

Season: autumn

Fresh from the garden: pear, pomegranate, beetroot, apple

Equipment: chopping board kitchen knife pot wooden spoon blender juicer baking paper measuring cups and spoons funnel squeeze bottles 2 x clean tea towels	Ingredients: 2 cups of cooked pureed fruit - fig, pear, apple, pomegranate. 2 tablespoons lemon juice. Fruity Options Purple: blackberries, blueberries, plums, beetroot. Yellow: mango, apricots, peach Green: kiwi, mint leaves, wheatgrass Red: strawberries, raspberries, pomegranate.
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What to do:

1. Cook chopped fruit in a pan until soft. Place cooked fruit in blender to puree – careful it will be hot. Add 2 tablespoons lemon juice per 2 cups of fruit to protect the colour and help destroy bacteria during drying.

Optional: add 1 tablespoon sugar, honey or ¼ teaspoon cinnamon per 2 cups of fruit.

2. Spray a baking tray with baking paper on it with olive oil spray or soak in water for a couple of minutes (make sure pan has sides to prevent spillage).
3. Any fruit combination can be used to make a tie dye design. Spread puree evenly in pan, about ½ centimetre deep.
4. Two cups of puree are enough to cover a 30cm by 40cm baking tray. Squiggle another colour on top or create a design.
5. **Option 1:** Set oven at lowest setting (60°C). Leave the oven door open 2 to 6 inches to let the moisture out.
Option 2: place in dehydrator on 70°C for 6 – 8 hours.
6. When dried and not too sticky, cut into strips with scissors and roll up.