

FRUIT AND NUT CRUNCH WITH DEHYDRATED FRUITS

- 2 cups rolled oats**
- 1-14 oz. Can non-fat sweetened condensed milk**
- 1 cup dried apples**
- 1 cup dried grated coconut**
- 1 cup dried banana slices**
- 1 cup dried canned peaches**
- 1 cup beer nuts**
- ½ cup dried pear slices**
- ½ cup dried cranberries**
- ½ cup raw cashews pieces**
- ½ cup slivered almonds**



In a large bowl, mix together oats and one-third of the condensed milk. Use the Bosch with the dough hook to cut into the condensed milk into the oats or use a knife. Add apples and coconut and stir. Separate the banana and peach slices so they don't stick together and add along with the beer nuts and stir again. Add another third of the condensed milk and stir. Separate the pear slices and add along with the cranberries, cashews and almonds and stir thoroughly and let sit one hour. Lightly oil two fruit leather sheets. Divide the mixture evenly and spread on each sheet. To do this , wet your hands and press the sticky mixture flat on the sheets about 1 inch thick. Dry approximately 3 hours at 135 degrees F. or longer until the texture becomes similar to peanut brittle. Cool and break into 2 inch squares.

HEALTHYKITCHENS.COM