



Consejo del chef

You can make more jellies with other fruits and enjoy a delicious and very healthy snack.

Raciones para 1

250 g
Strawberries
250 g
Mango
20 g
Honey

- 1 Grind the strawberries and the mango separately with a tablespoon of honey in a mixing glass.
- 2 Spread both mixtures on a baking tray with parchment paper. It's ok to mix both flavours. In fact, the result will be a more colourful fruit rolls.
- 3 Bake the fruit mixture at 80°C for 4 hours.
- 4 When the sheet has cooled, cut into thin strips and roll them up.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/gominolas-de-fruta-natural/>

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