

## Cactus Pear Dried Fruit Roll



### Makes 1 fruit roll

**Prep time:** 20 minutes to prepare and dried overnight

*Recipe developed by Yo-Chai Huang  
Checked and edited by Dr Alba du Toit*

### INGREDIENTS:

- 6 very ripe cactus pear fruits
- 100 g icing sugar

### METHOD:

- Wash the cactus pear fruit under cold water to remove most of the thorns.
- Blanch the cactus pear fruit in boiling water for 60 seconds, remove and place in cold water to stop the cooking process.
- Peel the outer skin from the cactus pear fruits.
- Place the peeled fruits into a food processor or a blender and liquidise into a smooth pulp or juice.
- Pass the pulp through a sieve to remove the seeds. Reserve 200 ml smooth cactus pear juice.
- Grease a small 20 x 10 cm rectangular baking sheet and line with baking paper.
- Taste the juice and adjust the sweetness by adding either sugar or honey if necessary. Pour 200 ml juice into the baking sheet.
- Dry in an oven set to its lowest heat setting (70°C) overnight.
- Remove the baking sheet from the oven and tear off the baking paper.
- Dust with icing and roll up to form a fruit roll.

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