

Homemade Naturally Sweetened Blueberry Fruit Roll-Ups

(Adapted from [Sugar-Free Mom](#))

32 ounces frozen blueberries, thawed or 1 pound fresh
1/2 lemon or 1 tablespoon lemon juice
1/2 teaspoon vanilla liquid stevia or 1 tablespoon honey

Preheat oven to 170 degrees F.

Place all ingredients into a blender and blend until smooth.

If needed to help blender add 2 tablespoons of water.

Pour blueberry juice over a silpat or parchment paper on a baking pan.

Spread evenly about an inch away from edges.

Bake 6-7 hours until it's no longer sticky when touched.

Cut into strips and roll onto parchment paper.

Secure with tape, elastic or twine.