

Candy Canes

About 14 mini candy canes crushed makes 1 cup



Ingredients

High quality candy canes

These will expand quite a bit, so mini are recommended but you can do full size candy canes

Directions:

1. Preheat your oven to 220°F
2. Set the freeze dryer temp to 150°F and start the freeze dryer.
3. Once the 15 minute cool down is done, turn on Candy Mode, then Hit Start and Warm trays (you will want this warm time to keep going until you put the candy canes in, so set for longer than you need).
4. Spread candy canes out on a parchment lined tray.
5. Heat the candy canes in the oven until they are very soft 15-30 minutes (brand dependent).
6. Move trays quickly into the preheated freeze dryer.
7. To begin, either touch the Leaf icon or press the down arrow until the time reaches zero, which will start the vacuum pump.
8. Let the candy canes run for 4-6 hours minimum.
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended for rehydration. These are a freeze dried sweet treat!

Notes:

Good quality candy canes produce better freeze dried treats.

Nutritional Value Per 1 mini candy cane

Calories: 20 Protein: 0 g Fat: 0 g Carbohydrates: 5 g Sugar: 4 g Fiber: 0 g