

# Candy Canes

*This recipe makes as many as you wish to prepare*



## 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 and then Hit Start, 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 start the cycle, either touch the Leaf or the arrow down until the time hits zero to 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