

# Cereal Bars

For this recipe, you mix the ingredients on your tray. So just grab your favorite box of cereal \*

[Retired at 40 Freeze Dried Cereal Bars Video](#)

## Ingredients:

Cereal of Choice  
(recommend smaller  
pieces of flake type  
cereals)

Milk of choice (Dairy or  
non-dairy) (Chocolate  
adds some sweetness)

Extras: examples  
Flaxseed, raisins,  
blueberries cut in half,  
sliced strawberries,  
sliced bananas, PB2



## Directions:

1. Put your extras on the bottom of your tray (strawberries, blueberries etc.)
2. Put cereal on top of that (fill trays about half way up the sides)
3. Use milk or choc milk as your glue (it holds everything together)
4. You don't need to fill the trays to the top, just cover the cereal, but make sure there is enough to hold the bar together
5. Use tray dividers to form portions
6. Pre Freeze to keep the cereal from getting soggy
7. Freeze Dry
8. Eat as a cereal bar or you can also rehydrate with milk to have a bowl of cereal
9. Store Appropriately. (See Tips and Tricks for storage help)

**My Cycle Time:** 20hr 34min using Medium  
freeze dryer with premium pump

**Rehydration:** This is a snack that does not  
require rehydration



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Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray    Small = 4 Cups/Tray