

# Crouton Ice Cream Toppers

*This recipe makes ~ 6 cups*



## Ingredients

**Approx. 7 slices** Hawaiian Bread

**2 tsp** cinnamon (optional)

**½ tsp** nutmeg (optional)

## Directions:

1. Dice up slices of bread into small pieces. It's helpful to fill up the tray with bread pieces as you go just to know how much to prepare.
2. Add pieces of bread to pre cut parchment lined freeze dryer pan
3. You can spritz with water and sprinkle on cinnamon or nutmeg if desired
4. Pre-freezing is always beneficial, but with bread the freeze dryer does well on its own.
5. Freeze dry (my cycle time was 22 hours)
6. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Not intended for rehydration. These are meant to be eaten as a freeze dried snack or added to your bowl of ice cream.

## Notes:

This recipe can also be done with our french toast dippers recipe (Live Life Simple's: French Toast Dippers). Just dice them up and treat them the same as this recipe.

### **Nutritional Value Per 1 slice worth of croutons**

Calories: 110 Protein: 3 g Fat: 1.5 g Carbohydrates: 20 g Sugar: 3 g Fiber: 1 g