

Crouton Ice Cream Toppers

This recipe makes about 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:

Ice cream toppers can also be done with our french toast dippers recipe (French Toast Dippers). Just dice them up for a delicious ice cream topping

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