

Eggnog Bites

This recipe makes 30 bites



Ingredients

6 cups low fat eggnog (organic if possible)

5-6 candy canes

Food coloring (optional)

Directions:

1. In a plastic bag, break up the candy canes into crumbles.
2. Mix eggnog and food coloring (if desired) together in a bowl. Feel free to portion the eggnog and use different colors in each.
3. Using a 15 portion square silicone mold, sprinkle chopped candy cane into each mold section.
4. Pour eggnog into each mold section.
5. If you don't have silicone molds, you can use a tray with dividers set at 40 portions.
6. Pre-freeze.
7. If you are using silicone molds, pop them out of the mold and onto the parchment lined tray to freeze dry
8. Freeze dry (my cycle time was 14 hours)
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:

The crumbled candy canes leave a rough imprint in the eggnog bites. If you prefer cleaner looking bites, substitute a few drops of peppermint flavoring for the candy canes.

Nutritional Value Per 1 bite

Calories: 57 Protein: 2 g Fat: 1 g Carbohydrates: 10 g Sugar: 7 g Fiber: 0 g