

Eggnog Bites

This Recipe will make 1 medium tray *

[Freeze Dried Egg Nog Bites](#)

Ingredients:

6 Cups Low Fat Eggnog
(organic if possible)

Food coloring (optional)

5-6 Candy Canes (chopped
into small piece)

Dividers or Silicone Molds



Directions:

1. Mix eggnog and food coloring (If desired) together in a bowl
2. Place parchment paper in the tray & sprinkle chopped candy cane on top of the parchment
3. Pour eggnog into freeze dryer pan
4. If using dividers add those now, I would recommend 40 portions
5. Pre Freeze, if using silicone molds pop them out of the mold and onto the tray to freeze dry
6. Freeze dry and enjoy.
7. Store Appropriately (see Tips and Tricks for storage help)

These are a great Holiday gift for teachers, family or friends.

Cycle Time: My cycle time in a medium freeze dryer with a premier pump was 13.5 hours for 4 trays.

Rehydration: Rehydration not intended



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* Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 4 Cups/Tray

Cycle times & rehydration for reference only