

Fruit Cocktail Bars

[John in Bibs': Freeze Dried Fruit Cocktail Bars for MRE Ep54](#)

Ingredients:

Cans of Fruit Cocktail in light syrup



Directions:

1. I used a 6 rectangles silicone mold
2. Fill each mold space with fruit cocktail and syrup, and freeze solid in the mold in the freezer.
3. Pop each bar out of the mold, place on the freeze dryer tray and freeze dry.

Cycle Time:

Rehydration: Not intended, but could be rehydrated for a liquid fruit cocktail