

# Fruit Bars

*Each version makes 8 cup of puree for bars*



## Ingredients

bananas  
blueberries  
strawberries  
peaches  
optional sweetener: dates  
optional add-ins: orange juice, yogurt, milk

\*\*you can use any fruit, fresh or frozen.

## Directions:

I used 16 oz of strawberries (can add the whole berries for extra greens) and 10 bananas for 8 cups

I used 16 oz of frozen peaches 10 bananas and a dash of water for 8 cups

I used 16 oz blueberries and 13 bananas for 8 cups

1. Add your fruit of choice to the blender or food processor. I like to add the juicier fruit first and then add the bananas.
2. Line tray with parchment paper
3. Pour fruit mixture onto trays and add dividers (I used 20 portions per large tray)
4. Pre-freeze
5. Freeze dry (my cycle time was 42 hours)
6. Remove dividers and store. These stay in "bar" form and are great for snacks and also store well.

## Rehydration:

Not intended to be rehydrated. They make great snacks for the kids or take along to any outing!

## Notes:

Feel free to modify the recipe to your taste. You can add more or less of any of the fruits and even mix fruits together for a variety of fruit bars. This recipe as written, has a stronger banana taste.

### **Nutritional Value varies per bar, Strawberry & Banana shown**

Calories: 124 Protein: 1 g Fat: 0 g Carbohydrates: 30 g Sugar: 16 g Fiber: 4 g