

Fruit Bars

Each version makes 8 cups 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 = 8 cups

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

I used 16 oz blueberries and 13 bananas = 8 cups

1. Add 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