

# Fruit Cocktail Bars

*This recipe makes as much as you wish to prepare*



## Ingredients

Cans of fruit cocktail in light syrup

**This recipe was contributed by John In Bibs**

### Directions:

1. This recipe uses either a silicone mold or a set of dividers to portion out each treat. If you are using dividers, set them for the smallest portion size and use parchment on the tray.
2. Fill the molds or trays with fruit cocktail.
3. Place dividers to form bars (if you choose).
4. Pre-freeze when possible.
5. Freeze dry.
6. 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!

These can be rehydrated by combining 1 part cocktail with 2 parts water. They will not retain the shape of a bar.

### Notes:

Try crumbling them into your Greek yogurt or blending into a smoothie!

### Nutritional Value Per ½ cup

Calories: 100 Protein: 0 g Fat: 0 g Carbohydrates: 26 g Sugar: 18 g Fiber: 1 g