

Fruit Powder Frosting

Freeze Dried Pantry

This recipe makes enough frosting for about 12 cupcakes (3 cups)



Ingredients

1/3 cup instant pudding mix (vanilla, cheesecake, or white chocolate)

2 cups heavy whipping cream

1/2 cup confectioners sugar

1 cup freeze-dried fruit powder of choice (add more or less to taste)

This is a freeze-dried pantry recipe using already freeze-dried ingredients

Directions:

1. In a medium to large mixing bowl, combine the whipping cream, pudding mix, and confectioners sugar. Use a hand mixer or stand mixer on medium-high speed to beat the mixture until stiff peaks form, which should take about 3 to 5 minutes. The frosting should be thick and hold its shape when the beaters are lifted.
2. Sift the freeze-dried fruit powder to remove any clumps, then gently fold it into the frosting until fully incorporated. Adjust the amount to taste, adding more for a stronger fruit flavor or less for a milder taste.
3. Store the frosting in an airtight container in the refrigerator if using within a few days. For longer storage, freeze in a sealed container.

Rehydration:

Not applicable

Notes:

Any extra frosting can be piped or spread onto parchment paper and freeze-dried to make delicious frosting bites, perfect for snacks or decorating treats.

Nutritional Value Per ¼ cup frosting

Calories: 176 Protein: 1 g Fat: 14.7 g Carbohydrates: 11 g Sugar: 11 g Fiber: 1 g