

Gelatin Bites

This recipe makes about 100 pieces



Ingredients

1 - 6 oz box of your favorite flavored gelatin (8- ½ C Servings)
2 cups boiling water
2 cups cold water

Directions:

1. Follow the package instructions to mix the gelatin. Typically, this involves adding 2 cups of boiling water to the gelatin powder, stirring until fully dissolved, then adding 2 cups of cold water and mixing thoroughly.
2. Pour the liquid gelatin mixture into ice cube molds, preferably silicone for easy removal. (A standard 24-cube silicone mold works well for this. One box of gelatin will typically fill about four molds, depending on how neatly you pour.)
3. Place the molds in the freezer and allow the gelatin to freeze completely until solid.
4. Before removing the gelatin bites from the molds, get the freeze dryer cooling down to temp.
5. To remove the gelatin bites, run the bottom of the mold under very hot tap water for about 30 seconds to loosen the cubes. Gently flex the mold at each row to help release the cubes. Push each cube out from the back of the mold.
6. Freeze dry (my cycle time was 24 hours).
7. Store in jars for short-term use or in mylar bags for long-term storage.

Rehydration:

Not intended for rehydration. This is a freeze dried sweet treat!

Notes:

Do not use sugar free gelatins.

These gelatin bites are an unsuspecting tremendous hit! The flavor pop is intense - sure to be one of your new favorites!

Nutritional Value Per 1 piece

Calories: 7 Protein: 0 g Fat: 0 g Carbohydrates: 2 g Sugar: 2 g Fiber: 0 g