

# Greek Yogurt Strawberry Bites

This recipe will make as many trays as you choose to make\*

## Ingredients:

Sliced Strawberries  
32oz Plain Greek Yogurt  
¼ tsp Vanilla  
⅓ C Maple Syrup  
3 tsp white sugar



## Directions:

1. Mix Yogurt, Vanilla, Sugar, and Syrup to combine.
2. Line your tray with parchment or silicone
3. Place a dollop of Yogurt mix on the tray and top with a sliced strawberry. Repeat until you have all you want or you run out of mix or strawberries.
4. You can freeze solid or go straight into the freeze dryer.
5. Store Appropriately (see Tips and Tricks for storage help)

**Cycle Time:** Cycle time was about 25 hours in a medium freeze dryer with premiere pump

**Rehydration:** Rehydration Not intended



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Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray    Small = 4 Cups/Tray