

Greek Yogurt Strawberry Bites

This recipe makes about 50 bites



Ingredients

15 strawberries
32 oz plain greek yogurt
¼ tsp vanilla
⅓ cup maple syrup
3 tsp white sugar

Directions:

1. Slice the strawberries about ⅛" thick.
2. Mix yogurt, vanilla, sugar, and syrup to combine.
3. Line your tray with parchment or silicone.
4. 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 ingredients.
5. Pre-freeze when possible.
6. Freeze dry (my cycle time was 25 hours).
7. 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!

Notes:

Greek yogurt on its own does not hold shape well, and becomes powdery. The extra ingredients in this recipe act as binding agents to help these hold their shape.

Nutritional Value Per 1 bite

Calories: 8 Protein: 1 g Fat: 0 g Carbohydrates: 1 g Sugar: 1 g Fiber: 0 g