

LemonHeads®

One 5 oz boxes is about ¾ cups or about 100 lemonheads



Ingredients

Lemonheads® Candy (name brand)

This does not work with old fashioned sanded lemon heads

Directions:

1. Set the temperature of your freeze dryer to 150°F. Lemonheads will only take 4-6 hours to run, so I always have my machine set to 24 hours of extra dry time so I don't miss the end of the cycle.
2. Start your machine and let it cool for 15 minutes
3. As your machine starts the 15 minute cool down, line your trays with parchment paper, and spread the Lemonheads out evenly across your tray. I put 2 to 3 boxes per medium HR tray. They will roll around and touch, but try to leave space where you can.
4. Preheat your oven to 170°F.
5. Once your freeze dryer has reached the end of the 15 minute cool down period, toggle to Candy Mode, then WARM the Trays. Set this for 20 minutes (You will not use all of that time, but it allows your machine to not start pulling a vacuum until you put the warm candies in).
6. Once your freeze dryer is up to about 125 degrees, put your Lemonheads in your oven for 15 minutes.
7. Once the Lemonheads are done preheating, move them as quickly as you can into the freeze dryer. Make sure your drain valve is closed, lock your door and then arrow down the remaining tray warming time to 0. The vacuum pump will kick on in a few seconds.
8. Allow these to run for anywhere from 4 to 6 hours.
9. 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!

Nutritional Value Per 10 pieces

Calories: 50 Protein: 0 g Fat: 0 g Carbohydrates: 14 g Sugar: 11 g Fiber: 0 g