

# Marshmallows

*This recipe makes as many as you wish to prepare*



## Ingredients

Marshmallows (mini work best)

### Directions:

1. How simple is this! Spread marshmallows out on your trays.
2. Freeze dry (should take about 6-7 hours)
3. 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:

Freeze-dried marshmallows are just like the ones you find in your favorite sugary cereals—light, crispy, and irresistibly sweet!

### Nutritional Value Per $\frac{1}{3}$ cup

Calories: 100 Protein: 0 g Fat: 0 g Carbohydrates: 24 g Sugar: 17 g Fiber: 0 g