

Milky Coffee Bites

This recipe makes 21 1" square bites



Ingredients

1 cup milk
1½ tsp instant coffee granules
~ 8 oz Cool Whip

This recipe was contributed by John In Bibs

Directions:

1. Microwave 1 cup of milk for about 1½ minutes until hot but not boiling. The milk should be warm enough to dissolve the instant coffee.
2. Add 1½ heaping teaspoons of instant coffee granules to the hot milk. Stir well until fully dissolved.
3. Place the coffee-infused milk in the refrigerator to cool.
4. In a 24-space mold (each cavity approximately 1" across), spoon enough Cool Whip into each space to fill it about half full .
5. Stir the cooled coffee-milk mixture again to ensure it's well combined.
6. Pour the coffee mixture over the Cool Whip in each mold cavity, filling to the top.
7. Place the mold in the freezer until fully set.
8. Add parchment paper to your trays.
9. Pop the bites out of the mold and arrange on your tray.
10. Pre-freeze when possible.
11. Freeze dry (my cycle time was 25 hours).
12. 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:

I haven't tried this but I bet you could add a stack of these to your coffee mug, add hot water and have a tasty mug!

Nutritional Value Per 1 bite

Calories: 15 Protein: 0.5 g Fat: 1 g Carbohydrates: 2 g Sugar: 1.5 g Fiber: 0 g