

Peachy Mousse Squares

This recipe makes about 6 cups



Ingredients

1 -3 oz pkg peach gelatin (can use sugar free)
1 cup boiling water
3 medium ripe peaches
2 tbsp honey
¼ tsp almond extract
1 cup whipped topping

Directions:

1. Remove the pits from the peaches
2. If the peaches are very ripe, place them directly into the blender. If they are firmer, cut them into smaller pieces first for easier blending
3. In a small bowl or a 2-cup measuring cup, add 1 cup of boiling water to the peach gelatin. Stir until fully dissolved. Set aside
4. Add the peaches, almond extract, and honey to the blender
5. Blend until the mixture is very smooth and liquidy. If the peaches are not fully ripe, blend as smoothly as possible
6. Pour the blended peach mixture into a medium bowl and mix well with the dissolved gelatin.
7. Refrigerate for 1½ to 2 hours, or until the mixture thickens
8. Using a mixer on high speed, beat the thickened mixture until it becomes light and fluffy, nearly doubling in size
9. Gently fold in 1 cup of whipped topping, being careful not to deflate the mixture.
10. Line your tray with parchment or silicone
11. Evenly spread the mixture onto a parchment-lined tray
12. Use dividers to create 40 portions for uniform sizing
13. Pre-freeze when possible
14. Freeze dry (my cycle time was 36 hours)
15. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

This is a great freeze dried sweet treat! It can also be rehydrated and it will set back up.

Add 8 squares to a bowl and combine with ¼-½ C of boiling water. Stir until all clumps are dissolved. Refrigerate for 5-6 hours.

If you want it thinner, more of an applesauce consistency, add ½ C of boiling water.

Nutritional Value Per 8 squares

Calories: 108 Protein: 1 g Fat: 2 g Carbohydrates: 22 g Sugar: 21 g Fiber: 1 g