

Rocket Pops Popsicles

This recipe makes as many as you wish to prepare



Ingredients

1 box Rocket Pops popsicles

Directions:

1. Pre-freeze your trays.
2. Do not completely unwrap the popsicles. Just cut both ends of the paper to expose the stick and the top of the popsicle. (This trick prevents them from completely blowing up and was learned after my first try and is not in my video).
3. Place the trays back in the freezer so the popsicles harden again.
4. Start your freeze dryer and let it cool down below freezing before loading the popsicles.
5. Freeze dry (my cycle time was 22 hours)
6. Store in jars or mylar for short-term use.

Rehydration:

Not intended for rehydration. These are a freeze dried sweet treat!

Notes:

Freeze drying popsicles requires you to work fast so it doesn't turn into a melted mess.

These popsicles are typically dairy-free, making them a great option to share with friends who are lactose intolerant. The absence of dairy also significantly changes the freeze-drying results when compared to traditional ice cream treats. Instead of maintaining a dense texture, they tend to expand and become exceptionally light and airy.

Nutritional Value Per 1 popsicle

Calories: 40 Protein: 0 g Fat: 0 g Carbohydrates: 10 g Sugar: 7 g Fiber: 0 g