

Spiced Fruit Brittle

This recipe makes ~ 13-14 cups of brittle



Ingredients

24 oz unsweetened apple sauce
3 - 30 oz cans fruit cocktail
4 tsp pumpkin pie spice
½ tsp ground cloves
½ cup molasses
Zest of 2 Oranges
1 cup sugar
1 cup additional sugar for topping

This recipe was contributed by John In Bibs

Directions:

1. Drain the syrup from the fruit cocktail.
2. Combine all ingredients except the additional sugar in a large bowl, and mix well.
3. Line your trays with silicone or parchment.
4. Spread the mix evenly across your trays.
5. Sprinkle the additional cup of sugar across the top of the trays.
6. Use dividers if you want even sized pieces, cover with a lid, and freeze until solid.
7. Freeze dry.
8. 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:

You may be tempted to replace the sugar sprinkled on top, but it helps give this its final crunch like other brittles.

If you use organic oranges for your zest you are likely to have less chemicals on the orange.

Nutritional Value Per 1 cup

Calories: 250 Protein: 0 g Fat: 0 g Carbohydrates: 66 g Sugar: 59 g Fiber: 2 g