

Strawberry Brittle

This recipe makes 4 cups



Ingredients

4 cups strawberries, fresh or frozen
1/8 cup Dutch Processed Cocoa Powder (optional)
1/3 cup sugar (or sweetener of choice)
1/3 cup additional sugar for topping

This recipe was contributed by John In Bibs

Directions:

1. Crush the strawberries in a bowl with a potato masher, or blitz them in a blender. Do not puree them, leave chunks of strawberries.
2. In a mixing bowl, add the cocoa (optional) and sugar and mix.
3. Add parchment paper or silicone to your trays.
4. In a lined tray, spread the strawberry mixture evenly across the tray. You can create portions by using dividers.
5. Sprinkle 1/3 cup of sugar over the top
6. Pre-freeze when possible.
7. Freeze dry (my cycle time was 40 hours).
8. Store in jars or mylar bags for short-term use.

Rehydration:

Not intended for rehydration. This is 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 do use the optional cocoa powder, increase the sugar by 1/8 cup to cut the bitterness of cocoa.

The seeds in the strawberries do not lend well to long term storage. Be sure you don't short the dry time, even for short term storage.

Nutritional Value Per 1 cup

Calories: 185 Protein: 1 g Fat: 1 g Carbohydrates: 46 g Sugar: 42 g Fiber: 4 g