

Strawberry Crisp - Freeze Dried Pantry

This recipe makes 10 servings



Ingredients

Filling:

10 cups freeze dried sliced strawberries
¼ cup granulated white sugar
1 tsp vanilla extract
3 tbsp cornstarch

Topping:

1 cup all purpose flour
¾ cup old fashioned oats
⅔ cup granulated white sugar
⅔ cup packed brown sugar
½ tsp salt
¾ tsp cinnamon
½ cup butter, melted

Directions:

1. Rehydrate the strawberries by placing the freeze-dried strawberries in approximately 5 cups of cold water and let them soak for 3-4 minutes. Drain well. (It's okay if they are not fully rehydrated.)
2. Preheat the oven to 350°F.
3. Grease a deep-dish pie plate or a 9x13 baking dish and set aside.
4. In a large bowl, combine the drained strawberries and sugar, stirring until the strawberries absorb the sugar.
5. Add the cornstarch and vanilla, mixing until evenly coated.
6. Pour the mixture into the prepared baking dish.
7. Make the crumble topping. In a separate medium bowl, mix the flour, oats, sugars, salt, and cinnamon. Pour in the melted butter and stir until the mixture becomes crumbly.
8. Evenly sprinkle the crumble topping over the strawberries.
9. Bake for 35-40 minutes, or until the filling is bubbly and the topping is golden brown.
10. Allow the dessert to cool slightly before serving. Enjoy warm on its own or with ice cream!

Rehydration:

Rehydrate 10 cups of freeze dried sliced strawberries by soaking in 5 cups of COLD water for 3-4 minutes and then drain.

Notes:

If you like extra “crunch” in your crunch desserts, double the topping and press a layer into the bottom of the pan before adding the filling.

Nutritional Value Per 1 serving

Calories: 180 Protein: 2 g Fat: 5 g Carbohydrates: 31 g Sugar: 11 g Fiber: 3 g