

# Strawberry Mango Banana Bars

*This Recipe made 48 bars with 12 per medium HR tray*



## Ingredients

2 - 23oz containers of frozen sliced strawberries with sugar  
2 lbs mango chunks  
2 lbs bananas peeled  
½ cup milk

## Directions:

1. Allow the frozen fruit to thaw until soft.
2. Peel and cut the bananas into chunks.
3. Add the banana chunks and ½ cup of milk to a blender. Blend until smooth, then transfer the purée to a separate bowl.
4. Add the mango chunks to the blender and purée until smooth. Transfer to another bowl.
5. Place the sliced strawberries in the blender and purée until smooth. Set aside.
6. Using a 6-space square mold (or your preferred mold), layer the purées as follows:
  - a. Add 1 tablespoon of banana purée to the bottom of each mold.
  - b. Follow with 1 tablespoon of mango purée as the middle layer.
  - c. Top with strawberry purée, filling each mold to the top.
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 58 hours)
9. Store in mylar bags

## Rehydration:

Not intended for rehydration. Eat them as a freeze dried fruit snack. Take them to the kid's games, tailgating or any gathering for a unique treat!

## Notes:

These can be made with unsweetened strawberries as well.

## Nutritional Value Per 1 bar

Calories: 42 Protein: 1 g Fat: 1 g Carbohydrates: 12 g Sugar: 9 g Fiber: 2 g