

Strawberry Mango Banana Bars

This Recipe made 48 bars with 12 per tray for freeze drying in a medium freeze dryer.

[John in Bibs': Freeze Dried Strawberry Mango Banana Bars Ep56](#)

Ingredients:

2~ 23oz containers of frozen sliced strawberries with sugar (Great Value Brand)

2~ 1lb bags of Mango Chunks

2lbs of bananas peeled

½ C Milk



Directions:

1. Thaw frozen fruit, and chunk the bananas
2. Add ½ C milk and bananas to blender and puree, remove from blender
3. Puree the mango chunks, remove from blender
4. Puree the sliced strawberries, remove from blender
5. In my 6 space square molds, I layered 1 Tbsp of bananas on the bottom, then about 1 tbsp of Mango, followed by a top layer of strawberries filling the molds to the top.
6. Freeze until solid
7. Remove from molds, line your freeze dryer trays, and place 12 bars per medium freeze dryer tray
8. Freeze Dry
9. Store appropriately. (See Tips & Tricks for storage help)

Cycle Time: My Cycle time was about 58-½ hours running an older medium freezer dryer and program.

Rehydration: Not intended



Live.
Life.
Simple.

www.freezedryingcookbook.com

Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray