

# Strawberry & Raspberry Cream Dessert

*This recipe makes about 12 cups*



## Ingredients

- 1 - 3 oz pkg** strawberry gelatin (Regular or Sugar Free)
- 1 - 3 oz pkg** raspberry gelatin (Regular or Sugar Free)
- 2 cups** boiling water
- 2 cups** cold water
- 1 cup** strawberry yogurt
- 1 cup** raspberry yogurt
- 2 cups** fresh or frozen sliced strawberries
- 12 oz** whipped topping

## Directions:

1. In a large bowl, add both packages of gelatin, then add 2 C of boiling water and stir for 2 minutes until the gelatin dissolves
2. Stir in the cold water
3. Add both containers of yogurt and stir
4. Chill for about an hour, or until mixture becomes syrupy
5. Stir in sliced strawberries
6. Gently add the whipped topping
7. Add parchment paper to your trays
8. Pour the mixture onto your trays
9. Place dividers (if you choose). We like to use 40 portions per tray
10. Pre-freeze when possible
11. Freeze dry (my cycle time was 27 hours)
12. Store in jars or mylar bags for short-term use

## Rehydration:

These are a freeze dried sweet treat without being rehydrated!

Or, to rehydrate:

- Combine 8 portions (20% of the tray) with ½ cup of boiling water and stir for about 30 seconds.
- Refrigerate for 5-6 hours.
- This will not be the same creamy as if freshly made, however the flavor is spot on.

## Notes:

The seeds in the strawberries and raspberries 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 piece

Calories: 190 Protein: 3 g Fat: 7 g Carbohydrates: 34 g Sugar: 31 g Fiber: 1 g