

Strawberry Shortcake Squares

This recipe makes 40 bites



Ingredients

1 loaf of angel food cake (Or more if you want to fill multiple trays)

1-23oz container of Great Value Sliced Strawberries with sugar Or slice and sweeten your own strawberries

1-16oz container of Cool Whip

This recipe was contributed by John In Bibs

Directions:

1. Slice the angel food cake loaf into ¼-inch slices
2. Place parchment paper on your trays
3. Cover the bottom of the trays with a single layer of sliced angel food cake loaf
4. Puree the strawberries in a blender and pour or spoon a thin layer of strawberry puree on top of the angel food loaf cake
5. Next, add a layer of Cool Whip and another layer of sliced angel food cake loaf
6. Finish it off with a thin layer of strawberry puree and a thin layer of cool whip
7. Place the dividers in the 40-portion setting, by using the knife edge to cut through the layers, making perfect bites
8. Pre-freeze when possible
9. Freeze dry(my cycle time was 28 hours)
10. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended for rehydration. These are a freeze-dried sweet treat!

Notes:

Be mindful of the height of your layers. Be sure your trays will fit in the freeze-dryer without the layers hitting the top of the rack

Nutritional Value Per 1 bite

Calories: 44 Protein: 0 g Fat: 0 g Carbohydrates: 2 g Sugar: 14 g Fiber: 1 g