

Stuffed Fruit Roll Ups®



Ingredients

Fruit Roll Ups®

And your choice of filling:

Skittles®

Nerd Gummy Clusters®

Cotton Candy®

Etc.

Directions:

1. Unwrap each fruit roll-up as you are ready to use it.
2. Decide whether to keep the fruit roll-up at full length or cut it down to a smaller size.
3. Place candy in the center of the fruit roll-up, leaving enough space around it to fold the fruit roll-up over the candy as it expands.
4. Loosely roll the fruit roll-up and candy into a tube shape.
5. Place the rolled fruit roll-up on a parchment-lined tray.
6. Repeat steps 1-5 until you have made the desired number of stuffed fruit roll-ups.
7. Set your freeze dryer to the appropriate candy mode temperature for the type of candy you are using. For example, use 135°F for Skittles and 150°F for Nerds Gummy Clusters.
8. After the 15-minute cool-down period, add warming time as needed for the candy. If preheating is required, place a sheet of parchment over the fruit roll-ups. (Skittles do not typically require preheating, but Nerds Gummy Clusters may.)
9. Run the freeze-drying cycle for the same duration you would normally use for the stuffing candy.
10. Allow the fruit roll-ups to cool completely before packaging. They will become crunchy as they cool.
11. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not Intended. These are a freeze dried sweet treat!

Notes:

Your creativity is your limit here, you can use marshmallow fluff, frosting, etc.

Nutritional Value Per 1 Fruit Roll Up

Calories: 50 Protein: 0 g Fat: 1 g Carbohydrates: 12 g Sugar: 7 g Fiber: 0 g