

Thin Mint Fluff Bites

This recipe makes 36 1" round bites



Ingredients

1 sleeve of Thin Mint Cookies (you can substitute about 15 Oreos for Thin Mints)

1 - 3.4 oz box of Hershey's White Chocolate Pudding

2 cups milk

1- 8 oz tub of whipped topping

Directions:

1. In a medium mixing bowl, mix the pudding according to the directions on the box.
2. Add the tub of whipped topping and combine well.
3. Add the cookies to a zip top bag. Smash them into small chunks and crumbs using a rolling pin.
4. Add cookie chunks and crumbs to the pudding mixture and mix well.
5. Spoon the mix into the silicone molds until they are even with the top. Or, spread it evenly across a parchment lined tray and use dividers set to 40 portions.
6. Freeze unit frozen solid.
7. Add parchment paper to your trays.
8. Remove the fluff bites from silicone molds and arrange on the lined tray.
9. Pre-freeze.
10. Freeze dry (my cycle time was 24 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage.

Rehydration:

Not intended for rehydration. This is a freeze dried sweet treat!

Notes:

If you are not a fan of mint, go with the Oreos. I have used a couple different brands of thin mint cookies and they all work great.

Nutritional Value Per 1 bite

Calories: 42 Protein: 1 g Fat: 2 g Carbohydrates: 6 g Sugar: 4.5 g Fiber: 0 g