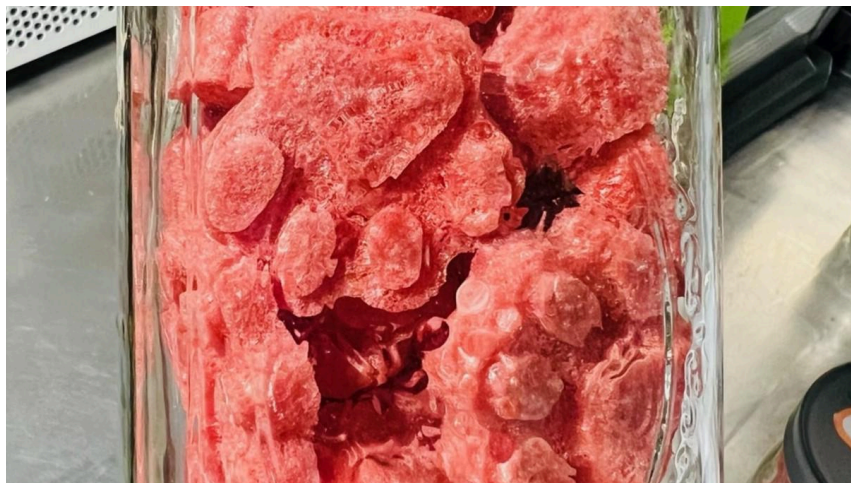


Watermelon Bites

This recipe makes 10-12 cups of watermelon mixture



Ingredients

1 seedless watermelon
1 (6 oz) pkg watermelon Jello
10 oz boiling water

Directions:

1. Cut the watermelon into pieces, removing the rind.
2. Blend the watermelon until smooth.
3. In a small bowl or a 2-cup measuring cup, combine the watermelon Jello with 10 oz of boiling water. Stir until fully dissolved.
4. Add the Jello mixture to the blended watermelon and mix until well combined.
5. **For silicone molds:** Fill the molds with the mixture, freeze until solid, then remove from the molds. Place them on a parchment-lined tray and return to the freezer for a few hours before freeze-drying.
6. **For tray method:** Line a tray with parchment paper and pour the watermelon mixture onto it, leaving space for dividers. Add dividers to create 40 portions, then freeze until solid.
7. Freeze dry (my cycle time was 36 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended. Assuming 12 servings per recipe

Notes:

Strawberries, raspberries, and mangoes also blend smoothly and pair well with complementary Jello flavors. Pineapple adds a tropical twist but may require a bit more blending to achieve a smooth consistency. Grapes can also be used, though their skins may need to be strained for a smoother texture. Experimenting with different fruit and Jello combinations allows for endless variations, creating fun, freeze-dried snacks with unique flavors.

Nutritional Value Per 1 serving

Calories: 166 Protein: 3 g Fat: .5 g Carbohydrates: 41 g Sugar: 35 g Fiber: 1 g