



# Dried strawberries

5'  
Hands on

20 minutes'  
Hands off

180'  
Cook Time

6-8  
Portion(s)

1  
Difficulty



## Ingredients

- 200 g strawberries

## Διατροφικός πίνακας

Nutrition information per portion

24 Calories (kcal)	0.0 Total Fat (g)	0.0 Saturated Fat (g)	4.6 Total Carbs (g)
1%	0%	0%	2%
4.6 Sugars (g)	0.0 Protein (g)	0.0 Fibre (g)	0.0 Sodium (g)
5%	0%	0%	0%

## Method

- Preheat oven over 90° C (190\* F) Set to Fan.
- Wash the strawberries and remove stems. [Cut](#) them in 2 (or 4 if they are very big).
- Spread the strawberries on a [baking pan](#) lined with parchment paper (cut-side down).
- Place the baking pan in the oven and leave for 2 hours so they dry out on one side.
- Remove the baking pan from oven and turn over the strawberries.
- Place the baking pan in the oven and leave the strawberries for one hour so that the other side is also dried out.
- Remove the baking pan from oven.
- Allow 20 minutes to completely cool and store until you need them.

## Tip

You can keep the strawberries in a [bowl](#) covering them with plastic wrap at room temperature. Store for 1 month.