

Apple Oatmeal Smoothie

A Freeze Dried Pantry Recipe

Ingredients:

2 C of Freeze Dried
Apple Chips or Slices

½ C Quick Oats

1 C milk of choice

1 C Ice

1 tsp Cinnamon

Pinch of Cloves

Pinch of Ginger

Pinch of Nutmeg



Directions:

1. Using a smoothie blender, add the freeze dried apples and quick oats and powder.
2. Add the other ingredients to the smoothie blender and blend.
3. Add more milk if needed to reach desired consistency.
4. Drink immediately



Live.
Life.
Simple.

www.freezedryingcookbook.com

Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray