

Apple Pie Grits

This recipe makes about 6 cups



Ingredients

- 1- 20oz can of apple pie filling
- 1 cup of quick cook grits
- 4 tbsp butter powder
- 2 tsp ground cinnamon
- ¼ tsp nutmeg
- ¼ cup sugar
- ½ cup milk

This recipe was contributed by John In Bibs

Directions:

1. Bring 4 cups of water to boil in a saucepan
2. While waiting for the water to boil, mash the canned apple pie filling with a fork
3. Once the water is boiling, add ¼ tsp salt and 1 cup of Quick Grits. Stir as you add the grits to avoid clumping
4. Cook covered over medium heat for about 4 minutes.
5. Add butter powder and stir until dissolved
6. Add mashed apple pie filling
7. Continue stirring and bring the mixture to a boil. Continue to cook for 2-3 minutes
8. Remove the pan from the heat
9. Stir in spices and sugar.
10. Next, add the milk. Stir and bring it back to a boil; reduce heat, cover, and simmer for about 3 minutes or until grits are cooked.
11. Ladle into silicone molds and pre-freeze OR pour onto trays, add dividers in 10 portion size and pre-freeze
12. Remove frozen pucks from molds and place them on a parchment-lined tray. If using dividers, you can skip this step
13. Freeze Dry (we freeze-dried this recipe, and our cycle time with dividers was 32 hours.)
14. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 3/4 C of boiling water to 2 pucks OR 1 cup of water to 2 divider portions. Cover and let it sit for 2 minutes. Stir, cover again, and let it sit for a few more minutes. Enjoy

Nutritional Value Per 1 cup of noodles and 3/4 cup of meat sauce

Calories: 230 Protein: 45 g Fat: 6 g Carbohydrates: 45 g Sugar: 32 g Fiber: 2 g

www.freezedryingcookbook.com