

# Apple Pie Smoothie

## A Freeze Dried Pantry Recipe

This recipe is a freeze drying pantry recipe using individual freeze drying ingredients.\*

This recipe makes 1 Apple Pie Smoothie

[Live. Life. Simple's: Freeze Dried Breakfast Apple Pie Smoothie](#)

**Ingredients: FD = Freeze Dried**

3 Tbsp FD Milk Powder  
1 tsp Cinnamon  
1/8 tsp Nutmeg  
A pinch of Ginger  
1/2 C FD Apple Powder  
-or- 2 C FD Apple Chunks  
1/4 C FD Banana Powder  
-or- 1 C FD Banana Slices  
12 oz Water  
Ice (optional)



### Directions:

1. Add all ingredients to a blender
2. Blend (if a blender isn't an option, can make in a jar or shaker bottle)
3. Enjoy

**Cycle Time:**

**Rehydration:** Requires 12 oz of water per smoothie



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[www.freezedryingcookbook.com](http://www.freezedryingcookbook.com)

Cycle times & rehydration for reference only

\*XL Tray = 15 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 4 Cups/Tray