

Apple Powder

A Freeze Dried Pantry Recipe

1 average sized apple = about 1 cup of Apple Paste*

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

Ingredients:

Apples of choice



Directions:

1. Core your apples and add to a blender.
2. Puree until smooth and has a paste like consistency (can add a little water if needed)
3. Pour onto a lined tray
4. You can pre-freeze to speed up the freeze drying cycle
5. Freeze Dry
6. Add the Freeze Dried Pureed Apples back into a blender and use blender to powder
7. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 39 hours

Rehydration: This will be used in recipes, these are still raw uncooked apples.



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www.freezedryingcookbook.com

*XL Tray = 15 Cups/Tray
Small = 4 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Cycle times & rehydration for reference only