

Apple Powder

1 average size apple makes about 1 cup of apple paste



Ingredients

Apples

Directions:

1. Core the apples and add to the blender
2. Blend until smooth, adding water as needed to make a smooth paste
3. Add parchment paper to your trays
4. Spread the apple paste evenly on the tray
5. Pre-freeze when possible
6. Freeze-dry (my cycle time was 39 hours)
7. Powder in blender or food processor
8. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

This is meant to be used as a powder. Add to smoothies or in baked dishes for extra flavor

Notes:

Mix this powder with other freeze-dried powders (banana, sweet potato etc) to make an easy baby food or snack

Nutritional Value Per 1 medium apple

Calories: 95 Protein: 0.5 g Fat: 0 g Carbohydrates: 25 g Sugar: 19 g Fiber: 5 g