

Banana Powder

A Freeze Dried Pantry Recipe

8 average bananas will make 5 Cups of Banana Paste*

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

Ingredients:

Bananas



Directions:

1. Peel Bananas and add to your blender
2. Puree, you can add a little water if needed
3. Spread evenly on a lined tray
4. You can pre-freeze to speed up the freeze drying process
5. Freeze Dry
6. Using blender, turn the freeze dried banana paste into a powder
7. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 39 hourspi

Rehydration: This will be used in other recipes, this is raw uncooked banana



Live.
Life.
Simple.

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