

Bananas

This makes as many as you wish to prepare



Ingredients

Bananas (about 6lbs filled a medium HR tray)

Directions:

1. Slice Bananas – Cut bananas into ¼-½” thick pieces
2. Dip them in lemon juice if you want to inhibit the slices from turning brown.
3. Arrange on Tray – Stand the slices upright on a parchment- or silicone-lined freeze-drying tray to maximize space and airflow.
4. Cover & Freeze – Place the tray lid over the bananas and freeze until completely solid
5. Remove lids and freeze dry (usually under 12 hours, but depends on thickness)

Rehydration:

Thick slices do not rehydrate the best. Thinner slices do ok. These are really meant to be eaten as a freeze-dried snack without rehydration.

Notes:

You can use Candy Mode to partially dry bananas, stopping the process before they are fully dried. This will result in a texture similar to dehydrated banana chips—chewy and slightly soft rather than crispy.

Nutritional Value Per 1 medium banana

Calories: 115 Protein: 1 g Fat: 0 g Carbohydrates: 27 g Sugar: 14 g Fiber: 3 g