

Beet Juice Powder

This recipe will make approximately 8C of pure Beet Juice filling 4 medium trays*

[John in Bibs': How to Make Freeze Dried Beet Juice Powder Ep282](#)

Ingredients:

10 Large Beets
Washed



Directions:

1. Cut off the roots, and the top, and keep the healthy looking stems and leaves. Then peel the beets using a veggie peeler (if you choose) Wash the stems and leaves well.
2. Once washed and peeled, chop the beets small enough to fit into your juicer.
3. Put Beets and stems through the juicer (I used an Omega Juicer)
4. Add water to your beet juice so it is 50% Juice and 50 % Water
5. If possible, put your tray in the freezer, and then pour 4 Cups of Beet Juice per medium tray. (Place stackers on trays before pouring in juice to avoid making a mess and allow stacking of your trays in the freezer)
6. Freeze until frozen solid
7. Freeze Dry
8. This will stick to your pan and a scraper will help you get all of the beet juice off of your trays. Powder either in your food processor or using a rolling pin and zip lock bag
9. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: Over 40 hours

Rehydration:

*8 C of pure beet juice made 2 C of powder

*This can be added straight to smoothies, or put in capsules.

*Add approximately ¼ C of Powder to about 1 C of Water to make juice



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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray