

Blueberries

This will make as many trays as you have fruit for *

[Live Life Simple: Trader Joe's vs Home Freeze Dried Food // Strawberries, Pineapple, Blueberries](#)

Ingredients:

Blueberries



Directions:

1. Blueberries need to be punctured in some way, either by blitzing in the food processor, cut in half, sliced by a knife.
2. Line your trays with parchment before spreading blueberries out, this will help the fruit release easier.
3. Pre-Freeze or go straight into the freeze dryer
4. Store appropriately. (See Tips & Tricks for storage help)

Cycle Time: My cycle time in an older medium freeze dryer for a mixed load of fruit was about 48 hours.

Rehydration: Not intended



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Cycle times & rehydration for reference only

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