

Blueberry Peach Spinach Smoothie

1 recipe makes 2 - 1½ C Servings

Ingredients:

1 C Blueberries
2 C Peach Slices
2 C packed Spinach
1 C Milk of choice
1 tsp Honey
Optional 1 scoop vanilla protein powder



Directions:

1. If you are going to make this and not freeze dry it, use frozen fruit. You can also use frozen fruit to make it if you are freeze drying.
2. Add all ingredients in a blender
3. Blend for 1-2 minutes
4. If you want to keep servings divide in half and then on to a parchment lined tray using dividers to keep portions. Or using silicone molds pour smoothie into molds and freeze until frozen solid, and then remove from molds and place on freeze drying trays.
5. Freeze Dry
6. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 36 hours

Rehydration: You can add 1 C of cold water, shake it up well and let it stand for 5 minutes. You can add ½ C of cold water and ¾ C of Ice cubes to a blender along with the freeze dried smoothie mix and blend, let stand for 5 minutes.



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Cycle times & rehydration for reference only

*XL Tray = 15 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 5 Cups/Tray