

Canned Peaches

Eight 15 oz cans of peaches filled 4 medium HR trays



Ingredients

8 cans of canned peaches, 15 ounces each (depending on your tray capacity)

Directions:

1. Drain the Peaches – Pour canned peaches into a colander in the sink.
2. Rinse & Drain – Rinse thoroughly under cool water to remove excess syrup or juice. Allow them to drain for 5–10 minutes.
3. Prepare Trays – Spread the peaches evenly on parchment-lined freeze-drying trays. If layering, place a sheet of parchment between layers to prevent sticking.
4. Pre-Freeze – Place trays in the freezer and freeze until completely solid.
5. Freeze Dry (my cycle time was 24 hours)
6. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

These make fantastic snacks straight from the freeze dryer—no rehydration needed!

If you choose to rehydrate, use approximately $\frac{1}{3}$ to $\frac{1}{2}$ the volume of water compared to the peaches. Since the slices are typically thick, they may take some time to fully absorb moisture.

Alternatively, incorporate them into your favorite recipes or blend them into a fine peach powder for use in smoothies, baking, or flavoring other dishes.

Notes:

The peach powder is fabulous in drinks such as iced tea or a summer cocktail!

Nutritional Value Per $\frac{1}{2}$ cup

Calories: 60 Protein: 1 g Fat: 0 g Carbohydrates: 15 g Sugar: 13 g Fiber: 2 g