

Dragon Fruit

Makes as many as you wish to prepare



Ingredients

~10 lbs dragon fruit

Directions:

1. Prepare the trays first. Line your trays with parchment paper and set them aside. Do this first because the dragon fruit is really slimy and it's good to have the trays ready to put them on right when you cut them up.
2. Peel and slice the dragon fruit into $\frac{1}{8}$ to $\frac{1}{4}$ inch slices.
3. Arrange the slices evenly on the trays. If layering, place a sheet of parchment between layers. (Note: The bottom layer may require additional freeze-drying time.)
4. Cover the trays with a lid and freeze until completely solid.
5. Remove the lids and place the trays in the freeze dryer.
6. Freeze dry (my cycle time was 48 hours, but it included 24 hours of extra dry time. I think this is important due to the seeds in the fruit)

Rehydration:

Not intended for rehydration. These are an amazing treat! I like them even better than the fresh fruit.

Notes:

There are other varieties of dragon fruit that I haven't tried. Dragon fruit is high in antioxidants. Also, the seeds are rich in fiber.

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

Calories: 50 Protein: 1 g Fat: 0 g Carbohydrates: 11 g Sugar: 8 g Fiber: 3 g