

# Empty Nest Protein Smoothie

This recipe makes enough Smoothie to fill 2 medium trays and is 3 servings.\*

[Adventures in Freeze Drying: Empty Nester Edition: Freeze Dried Protein Smoothies](#)

## Ingredients:

2 C fresh or frozen  
Blueberries

1 Handful of Spinach  
or Kale

3 Bananas

3 T Chia Seeds

4 ½ T PB2 or other  
Peanut Butter Powder

1 tsp Cinnamon

3 Scoops/Servings of  
Chocolate or Vanilla  
Protein Powder of  
choice

2¼ C Milk of choice



## Directions:

1. Add all ingredients into a large blender and blend together until smooth
2. Pour mixture evenly between two trays
3. Add dividers in the 40 configuration, this helps it to freeze dry faster and more evenly
4. Cover with a lid and freeze until frozen solid
5. Freeze Dry
6. Pull out dividers, then powder frozen smoothies in a dry blender.
7. Get a mass of your smoothie powder, divide mass by 3 to know how much mass per smoothie (mine was about 126 g per smoothie)
8. Store Appropriately (See Tips and Tricks for storage help)

**Cycle Time:** 26 ½ Hours

**Rehydration:** Measure out exact mass, or add the amount of powder you want. Put powder in a shaker bottle or jar and add 2 C of cold water, and shake, let sit for 5 minutes and shake again. Add more water to make thinner, or more powder to make thicker. Repeat and then enjoy.



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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 = 4 Cups/Tray