

Freeze Dried Bananas

This recipe will make as many trays as you have produce for*

[Live Life Simple's: Harvest Right Freeze Dried Bananas Better Than Candy](#)

Ingredients:

Bananas



Directions:

1. Slice bananas as uniformly as possible
2. Set upright on a lined tray, and cover with tray lid
3. Freeze Solid
4. Freeze Dry
5. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: Varies

Rehydration: Not intended, but can be soaked in cold water.



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www.freezedryingcookbook.com

Cycle times & rehydration for reference only

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