

Freeze Dried Date Sugar

A Freeze Dried Pantry Recipe

1 pound of Medjool Dates will make about 1 medium Tray*

[Live. Life. Simple's: How to Make Freeze Dried Date Sugar - - Making High Elevation Coffee/Freeze Drying Pantry Series #3](#)

Ingredients:

Pitted Medjool
Dates - or - other
pitted dates of
choice

Water

Directions:

1. Add 2 cups of water to a high powered blender, add 15 Dates to the water, and puree until smooth.
2. Line your tray with parchment, and then spread the date puree out onto your tray, do not fill more than half way.
3. Repeat step 1 until your trays are filled half way.
4. Add dividers set to 40 portions.
5. Freeze until frozen solid (this will save a lot of time in your machine)
6. Change the initial freeze setting on your freeze dryer to -20°F, set the dry temp to 135°F, save and hit Start. Let your machine cool before putting the frozen date puree in. Run a regular Freeze Drying Cycle, not a Candy Cycle.
7. Freeze Dry
8. Pull out the date puree, remove dividers, and put in the freezer.
9. Defrost your machine.
10. Freeze Dry again, using the same settings from step 6.
11. Let sit a few minutes once removed from the machine, then powder.
12. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: First cycle 40+ hours
(no pre freeze) Second cycle 8 hours

Rehydration: Use instead of white cane sugar, in coffee etc.



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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