

# Freeze Dried Instant Pudding

This recipe will fill 4 medium freeze dryer trays\*

[John in Bibs': How to Freeze Dry and Reconstitute Instant Pudding Ep279](#)

## Ingredients:

8~ 3.5 oz  
boxes of  
Instant  
Pudding

1 Gallon of  
Milk



## Directions:

1. Mix up 2 boxes at a time according to the package directions
2. In a silicone or parchment paper lined tray, spread 2 packages of pudding evenly across the tray. Cover with a lid and freeze until solid.
3. Repeat Steps 1 and 2 until all 8 boxes of pudding have been mixed and trayed.
4. Remove lids and freeze dry.
5. Powder the Freeze Dried pudding
6. Store Appropriately (See Tips and Tricks for storage help) (Fills 2-½ Gallon Jars with pudding powder)

**Cycle Time:** About 38 hours

### Rehydration:

½ Cup serving will need ½ Cup of powder and 1/2 cup of water. Mix together and stir vigorously



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Cycle times & rehydration for reference only

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