

Freeze Dryer Friendly Substitutes & Alternative Ingredients

Not all ingredients freeze-dry well, but you can still enjoy your favorite recipes by using freeze dryer-friendly substitutes. Small amounts of butter, syrups, oils and fats, as well as those high in sugar, are usually ok when mixed into a recipe, but use them in moderation. Below are some common ingredient replacements that work well in freeze-dried meals for baking, and cooking. It is advisable to consume foods containing oils within 5 years.

Mayonnaise Substitutes in recipes

Mayonnaise does not freeze dry well due to its high oil content, but you can use:

- ✓ Plain yogurt (regular or Greek)
- ✓ Plant-based yogurt (for vegan options)
- ✓ Sour cream (in some recipes)

♦ Pro Tip: Greek yogurt provides a tangy, creamy texture similar to mayo and is a great choice for dressings, dips, and sandwiches.

Syrup & Honey Alternatives

Syrup and honey have an extremely long shelf life and do not freeze dry well because they remain sticky and do not fully solidify. If you're determined to freeze-dry honey or syrup, some have found success by **diluting it with hot distilled water** at a **4:1 ratio** (4 parts water to 1 part honey or syrup). Diluting them within a recipe is also typically adequate for freeze drying and storage.

Instead of freeze-drying them, try:

- ✓ Storing them in sealed packets alongside your freeze-dried meals (e.g., syrup packets stored with freeze-dried French toast sticks).

Sugar Substitutes for Baked Goods

Instead of using granulated sugar, try these healthier and freeze-dryer-friendly options:

- ✓ Bananas – Mash fresh bananas into batter or use freeze-dried banana powder as a way to sweeten baked goods.
- ✓ Stevia – A natural, calorie-free sweetener.
- ✓ Freeze-Dried Watermelon Powder – Adds a mild sweetness and unique flavor.
- ✓ Fruit puree: applesauce fresh or freeze dried will add sweetness baked goods, smoothies, and salad dressings.

♦ Pro Tip: One cup mashed banana = 1 cup of sugar in some recipes.

Peanut Butter Substitutes

Since peanut butter contains oils that typically do not freeze dry well. If you're determined to freeze-dry peanut butter, some have found success by **diluting it with hot distilled water** at a **4:1 ratio** (4 parts water to 1 part peanut butter).

- ✓ PB2 (Powdered Peanut Butter) – Great for peanut butter flavor in recipes
- ✓ Avocado – Works as a replacement in baking when fat content is needed rather than peanut flavor.

Butter Substitutes

Butter does not freeze-dry well, but you can use these healthy alternatives in recipes:

- ✓ Mashed or blended avocado – Perfect for baking, provides a similar texture.
- ✓ Unsweetened applesauce – Works great for baked goods (1:1 substitution).
- ✓ Pumpkin puree – Adds moisture and richness in baking.

Oil Substitutes for Cooking & Baking

For Cooking/Sautéing:

Instead of oil, use:

- ✓ Any type of broth (vegetable, chicken, or beef)
- ✓ Plain water – Add small amounts as you sauté.

For Baking:

- ✓ Applesauce – 1:1 substitute for oil in cakes, muffins, and bread.
- ✓ Mashed banana – Adds sweetness and moisture to baked goods.
- ✓ Pumpkin puree – Adds moisture and richness.
- ✓ Mashed avocado – Great for savory dishes and some desserts.

♦ **Pro Tip:** Using fruit-based substitutes (like applesauce or banana) reduces fat and adds natural sweetness to recipes.

Egg Substitutes (Vegan & Dairy-Free Options)

Yes, eggs freeze dry well, but for vegan or allergy-friendly recipes, try these alternatives:

- ✓ Aquafaba – The liquid from canned chickpeas (3 tablespoons = 1 egg).
- ✓ Unsweetened applesauce – ¼ cup per egg.
- ✓ Flax Seed Egg – 1 tbsp ground flax seeds + 3 tbsp water (let sit for 5 min).
- ✓ Baking Soda & Vinegar – 1 tsp baking soda + 1 tbsp white vinegar per egg.

♦ Pro Tip: Flax eggs work well in pancakes, muffins, and dense baked goods, while aquafaba is great for whipped toppings and meringues.

Heavy Cream

Heavy cream can be freeze-dried, but due to its high fat content, it is best suited for short-term storage

Heavy Cream Substitutes

- ✓ Oat milk – 1:1 replacement for heavy cream.
- ✓ Cashew cream – Blend soaked cashews with water for a thick, creamy texture.
- ✓ Milk + Cornstarch or Flour – 1 cup milk + 1-2 tbsp cornstarch/flour, whisked until smooth.
- ✓ Cream cheese + water – Whisked together for a creamy alternative.

♦ Pro Tip: Cashew cream is an excellent plant-based substitute that works well in both sweet and savory dishes.

Buttermilk

Buttermilk can be freeze-dried, but due to its high fat content, it is best suited for short-term storage

Buttermilk Substitutes

- ✓ DIY Buttermilk – Add 1 tbsp lemon juice or vinegar to a measuring cup, then fill with milk to reach 1 cup. Let sit for 5 minutes before using.