

Fresh Blueberries

This recipe will make as many trays full as you like



Ingredients

blueberries

Directions:

1. Wash blueberries and let dry
2. There are multiple ways to prepare blueberries that will freeze dry well. Some produce a slightly more appealing looking final product but all will freeze dry:
 - a. Using a sharp paring knife, cut each blueberry in half. This is very time consuming, but will speed up the freeze drying process considerably and give you the best looking end product.
 - b. Using a sharp paring knife, simply put a slice through the skin on each berry, not quite as time consuming as cutting in half, takes a little longer to freeze dry, most berries look very nice, a few have some juices kind of leak out and freeze dry on the outside of the berry.
 - c. Using the berry roller tool, simply roll through the blueberries to pierce each berry. This is the fastest prep for fresh berries, these will take the longest of the fresh berries to freeze dry.
 - d. Blitz them in a food processor. This is fast but doesn't always give each berry the same prep.
3. Freeze until frozen solid (24+ hours)
4. Freeze Dry (My cycle time was about 32 hours)

Rehydration:

Not intended to be rehydrated. Enjoy as a healthy snack.

Notes:

These are also great to put in a blender with your favorite smoothies! High in antioxidants and anti-inflammatory properties, no wonder they're sometimes called a superfood!

Nutritional Value Per 1/4 cup of blueberries

Calories: 33 Protein: 0 g Fat: 0 g Carbohydrates: 7 g Sugar: 6 g Fiber: 1 g