

Fresh Peaches

12 peaches makes about 6-7 cups of sliced peaches



Ingredients

10-12 fresh peaches (depending on your tray capacity)

Directions:

1. Prepare the Peaches – Remove the pits and slice the peaches thinly and as evenly as possible. Consistent slice thickness ensures even freeze-drying, preventing thicker slices from staying soft while thinner ones dry faster.
2. Arrange on Trays – Spread the slices evenly across a parchment-lined freeze-drying tray. For multiple layers, place a sheet of parchment between each layer to prevent sticking.
3. Pre-Freeze – Freeze the trays until the peaches are completely solid.
4. Freeze Dry (my cycle time was about 21 hours)
5. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

These make fantastic snacks straight from the freeze dryer—no rehydration needed!

If you choose to rehydrate, use approximately $\frac{1}{3}$ to $\frac{1}{2}$ the volume of water compared to the peaches. Since the slices are typically thick, they may take some time to fully absorb moisture.

Alternatively, incorporate them into your favorite recipes or blend them into a fine peach powder for use in smoothies, baking, or flavoring other dishes.

Notes:

The peach powder is fabulous in drinks such as iced tea or a summer cocktail!

Nutritional Value Per 1 medium peach

Calories: 58 Protein: 1 g Fat: 0 g Carbohydrates: 14 g Sugar: 12 g Fiber: 2 g