

Fruit Powder (Yogurt Flavoring)

This recipe will make as many trays as you like.* 2.5lbs of Blackberries made about 16 cups of pulp *

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Ingredients:

Fruit of choice

2.5 lbs of blackberries
made 16 cups of pulp

This will vary based on
type and size of fruit



Directions:

- 1) Put the berries through a berry press to get the seeds and hard pieces out. You are left with liquid pulp. Or wash and seed the fruit and puree it.
- 2) Put the pulp on the trays. I usually put 4 cups of pulp on medium trays and prefreeze them before putting them into the dryer.
- 3) Put the trays into the freeze dryer.
- 4) Pulverize/powder the dried fruit in the blender or food processor.
- 5) Store in canning jars with a desiccant in for everyday use or put it into mylar bags with and oxygen absorber for long term storage. Do not vacuum seal or you will get a brick that is virtually impossible to break down into a powder due to the natural sugar content.

Voila! Nutritious flavorings that have all the fiber of fresh fruit. I get 16 cups of pulp from 2.5 gallons of blackberries and once powdered, it fits into a 1 quart jar. I've done peaches this same way but the bonus is that you don't have to peel the peaches.

Cycle Time: My times were between 32-38 hours.

Rehydration: Not intended: When I use this in yogurt, I just put a small amount of powder directly into the yogurt and stir it up. It's very concentrated so only a little is needed.



www.freezedryingcookbook.com Cycle times & rehydration for reference only
* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray