

Fruit Powder Smoothie

A Freeze Dried Pantry Recipe

This recipe can be made many ways with many ingredients. Here is our mixture using blueberries, bananas, strawberries, kale and chocolate milk using raw powdered ingredients.

[Live. Life. Simple's: How to Make a Breakfast Smoothie from Freeze Dried Fruit Powder](#)

Ingredients:

60 strawberries = 6 cups
puree= 2 cups powder

10 bananas = 6 cups puree
= 2 cups powder

3.5 lbs. Blueberries = 6 cups
puree= 1 ½ cups powder

6 cups chocolate milk = 1
cup powder



Directions:

1. In a blender, turn all fruit/ vegetable ingredients into a puree using little to no water
2. Add puree onto a parchment or silicone lined freeze dryer tray
3. Freeze dry as usual paying close attention to dryness (fruits can often require extra dry time and in some extreme cases, may require the machine to be defrosted and cycle continued)
4. Place freeze dried fruits/ veggies/ milk into a food processor to create a fine powder
5. Add desired ingredients together using the rehydration formula below as a baseline for water to powder mixture
6. Store powders in a mason jar or mylar using an oxygen absorber
7. Store Appropriately (See Tips and Tricks for storage help)

<p>Cycle Time: Varies Greatly</p>	<p>Rehydration for our example: 2 tbsp strawberry powder 2 tbsp blueberry powder 3-4 tbsp banana powder 2 ½ tbsp chocolate milk powder 1 tbsp kale powder 2 cups water</p> <p>Shake for 30 seconds to 1 minute</p>
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Cycle times & rehydration for reference only

*XL Tray = 15 Cups/Tray
Small = 4 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray