

# Fruit Powder Smoothie

*This recipe makes enough powder for several smoothies*



## 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. Blend each fruit separately into a smooth puree, using minimal or no water.
2. Spread the puree evenly onto a parchment or silicone-lined freeze dryer tray.
3. Pre Freeze when possible- Highly recommend to help shorten the cycle time
4. Freeze dry (my cycle time was 68 hours) fruits can have lengthy cycles
5. Place freeze dried fruits and milk, separately into a food processor to create a fine powder of each ingredient
6. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

This recipe can be made many ways with many ingredients. Here is one of our favorite combinations:

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, shake for 30 seconds to 1 minute. Enjoy

## Notes:

You can make a powder from any fruit and make your favorite combination of smoothies. Use plant based milk for a dairy free option

## Nutritional Value Per 1 serving as shown in rehydration example

Calories: 263 Protein: 7 g Fat: 7 g Carbohydrates: 45 g Sugar: 33 g Fiber: 5 g