

Grapes

This recipe makes as many as you wish to prepare



Ingredients

10 lbs Grapes (about 10 lbs fills 4 medium HR trays)

Directions:

1. Use your favorite method for cleaning grapes.
2. There are 2 common ways to prepare grapes.
 - a. Using a sharp paring knife, cut each grape 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. Blanch them for one minute and then cool in an ice bath. If you can get the skins to burst it will save a lot of “explosions” when they freeze.
3. Line trays with parchment or silicone.
4. Spread out in a layer
5. Pre-freeze
6. Freeze dry (my cycle time was 24 hours)
7. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended for rehydration. Freeze dried grapes are an awesome, flavor filled snack!

Notes:

Nutritional Value Per 1 cup

Calories: 104 Protein: 1 g Fat: 0 g Carbohydrates: 27 g Sugar: 23 g Fiber: 2 g