

Homemade Lemonade Powder

This recipe makes ~12 cups of liquid to freeze dry & ~2 ½ cups of powder



Ingredients

5 cups water
2 whole lemons
12 tsp stevia or **1 cup** of sugar

Directions

1. Cut both ends off each lemon and quarter them (do not peel)
2. Add quartered lemons with peels on and water to a blender and blend until smooth
3. Add the stevia or sugar and blend again
4. Add parchment paper to your trays
5. Pour the lemonade into your trays
6. Add dividers if you are using them. (20 portions work great for this recipe each portion is about ⅓ cup freeze dried powder)
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 32 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 1 cup of cold water to ⅓ cup of freeze-dried lemonade powder. Stir in a glass or shake in a shaker bottle or jar. Enjoy

Notes:

A high-powered blender like a Vitamix will give you a smoother consistency of lemonade. Zest the lemon before peeling and freeze-dry the zest for shelf-stable lemon zest.

Nutritional Value Per ⅓ cup of powder using Stevia as the sweetener

Calories: 10 Protein: 0 g Fat: 0 g Carbohydrates: 9 g Sugar: 0.75 g Fiber: 0 g