

Orange Juice Powder-Homemade

This recipe makes about 4 cups of OJ or 1 ½ cups of OJ powder



Ingredients

1 cup water

4 oranges

Directions

1. Peel the oranges
2. Add oranges and water to a blender and blend until smooth
3. Add parchment paper to your trays
4. Pour the orange juice onto your trays. Do not fill all the way. This allows room for expansion
5. Add dividers if you are using them. (20 portions work great for this recipe)
6. Pre Freeze when possible
7. Freeze dry (my cycle time was 32 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 1 cup of cold water to ⅓-½ cup of freeze-dried orange juice 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 orange juice. Zest your orange before peeling and freeze-dry the zest for shelf-stable orange zest.

Nutritional Value Per 1 cup serving

Calories: 61 Protein: 1 g Fat: 0.4 g Carbohydrates: 15 g Sugar: 12 g Fiber: 3 g