

Peaches for Pie

4 peaches equals about 2 ½ - 3 cups of sliced peaches



Ingredients

Fresh peaches

Directions:

1. Scald the peaches, then transfer them to an ice bath and peel. Remove the pits and cut the peaches into small pieces for your pie. My recipe uses 7 cups of peaches, but you can adjust the amount to fit your favorite pie recipe
2. Add parchment paper to your trays
3. Spread the sliced peaches onto the trays
4. Pre-freeze when possible.
5. Freeze dry (my cycle time was 31 hours)
6. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add water to the peaches at a 1:1 ratio. They may require a bit more, perhaps another ½ cup. Let sit for at least 10 minutes, stirring several times. A bit of extra moisture is fine if these are going to be baked into a pie.

Notes:

Freeze dried peaches can be used for all sorts of different things besides a pie. They're great in yogurt to give it a sweetened crunch, blended into smoothies and even just eaten dry as a snack!

Nutritional Value Per 1 cup

Calories: 64 Protein: 1 g Fat: 0 g Carbohydrates: 15 g Sugar: 12 g Fiber: 2 g