

# Pineapple

This will make as many trays as you have fruit for \*

[Live Life Simple: Trader Joe's vs Home Freeze Dried Food // Strawberries, Pineapple, Blueberries](#)

## Ingredients:

Pineapple



## Directions:

1. Cut as evenly as you can, I recommend using a pineapple corer/cutter to get the slices the same, then cut down to bite size pieces.
2. Line your tray with parchment before putting pineapple on trays.
3. Pre-freeze or go straight into the freeze dryer
4. Freeze dry
5. Store appropriately. (See Tips & Tricks for storage help)

Note: Pineapple is very acidic. You can rinse the pineapple before freeze drying to bring the acid level down a little bit.

**Cycle Time:** My cycle time in an older medium freeze dryer for a mixed load of fruit was about 48 hours.

**Rehydration:** Not Intended



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[www.freezedryingcookbook.com](http://www.freezedryingcookbook.com)

Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray    Small = 4 Cups/Tray