

Pineapple

1 whole pineapple is about 5 cups OR 1-20 oz can is about 2 cups



Ingredients

Pineapple-whole or canned

Directions:

1. If using whole pineapple, slice as evenly as possible for consistent results. I recommend using a pineapple corer/cutter to achieve uniform rings, then cut the rings into bite-sized pieces for easy handling and even drying. For canned pineapple, opt for diced pineapple
2. Add parchment paper to your trays.
3. Spread the pineapple out on your trays.
4. You can stack two layers of pineapples on one tray, with parchment in between each layer.
5. Pre-freeze when possible
6. Freeze dry (my cycle time was 48 hours)
7. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Pineapple will rehydrate, but it takes patience. In a bowl, cover the pineapple with water and let stand until the core part of the pineapple rehydrates. Then drain off the remaining water.

Freeze dried pineapple is a real treat eaten freeze-dried. I recommend keeping it as a snack rather than rehydrating.

Notes:

Pineapple is very acidic, and this comes through when you eat freeze dried pineapple as a snack. You can rinse the pineapple before freeze drying to bring the acid level down a little bit.

Did you know that a one cup serving of pineapple has more than 100% of your daily dose of Vitamin C!

Nutritional Value Per 1 cup

Calories: 82 Protein: 1 g Fat: 0 g Carbohydrates: 22 g Sugar: 16 g Fiber: 3 g