

Pineapple Broccoli

Baby Food

Recipe 1 Medium Freeze Dryer tray of Baby Food*

[Retired at 40's: FOOD SHORTAGE! Freeze Dried Baby Food RECIPE](#)

Ingredients:

5 C Pineapple

3½-4 C Broccoli Florets

You do not need lemon juice for his one, acidity comes from the pineapple



Directions:

1. Core and cut pineapple
2. Puree Pineapple first
3. Slowly add in Broccoli Florets
4. Line tray with parchment
5. Pour baby food puree onto tray
6. Put in dividers (if you choose) Can also just powder trays worth, and then make as little or as much as you want.
7. Pre-Freeze before Freeze Drying
8. Store Appropriately (See Tips and Tricks for storage help)

Notes: The dividers work very well for dividing into 40 (or larger) equal sized portions. You may want to powder this before storing, or before rehydrating to make it easier to reconstitute. This also makes great snack bars.

Cycle Time: My cycle time in a large freeze dryer with a premier pump was 57 hours for 5 trays of baby food.

Rehydration: Consistency and texture will vary, add water slowly and blend if possible.



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www.freezedryingcookbook.com

Cycle times & rehydration for reference only

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