

Porridge

Freeze-Dried Pantry

This recipe makes 2 servings in quart jar



Ingredients

2 cups freeze-dried wild rice
1/4 cup freeze-dried blueberries
1/8 to 1/4 cup freeze dried raisins, cranberries, or golden raisins
1/4 cup freeze dried oat milk powder, heavy cream powder, or cashew cream powder
1/8 cup real maple syrup
OR
1/4 cup freeze-dried banana powder or date powder
1/4 - 1/2 cup walnuts or hazelnuts (optional)

This recipe uses freeze-dried ingredients to make a meal in a jar

Directions:

1. Add all the ingredients to a jar
2. If using maple syrup as the sweetener you can leave it out and add after rehydrating or seal it in a small mylar envelope and add it to the jar. You can also do this with the nuts
3. Vacuum seal the ingredients in the jar with an oxygen absorber

Rehydration:

Add about 2 cups of hot water to the jar or mylar bag and allow to sit for 5-10 minutes. You can also add ingredients to a pan on the stove and cook for 5-10 minutes. Top with nuts

Nutritional Value Per 1 serving or 1/2 the recipe

Calories: 381 Protein: 9 g Carbohydrates: 368 g Fat: 10 g Fiber: 7 g Sugar: 23 g