

Freeze Dried Porridge

A Freeze Dried Pantry Recipe

This recipe will make 2 servings in a 1 quart jar or mylar bag*

[Live. Life. Simple's: The Best Freeze Dried Breakfast - - Freeze Dried Porridge](#)

Ingredients:

2 C FD Precooked Wild Rice
¼ C FD Blueberries
⅛ to ¼ C FD Crasins, Cranberries, or Golden Raisins
¼ - ½ C Walnuts or Hazelnuts
¼ C FD Oat Milk or Heavy Cream
⅛ C Real Maple Syrup in Mylar packet
FD Bananas to taste



Directions:

1. Layer ingredients into a Quart Jar or Mylar Bag
2. Vacuum Seal jars, or Impulse seal Mylar
3. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: NA

Rehydration: Add 2 Cups +/- of Hot water to the jar or mylar bag for 5-10 minutes, you can also add ingredients to a pan on the stove and cook for 5-10 minutes



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*XL Tray = 15 Cups/Tray
Small = 4 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Cycle times & rehydration for reference only