

Quinoa Honey Lime Fruit Bars

This recipe will fill 2 medium trays*

[Adventures in Freeze Drying: Easy Freeze Dried Quinoa Recipe | How to Make Delicious Quinoa Bars](#)

Ingredients:

1 C Quinoa of choice	Juice from 1 Lime
2 C Water	3 Tbsp Honey
Dash of Salt	2 Tbsp Chopped fresh Mint
1½ C Sliced Strawberries	You can change up the fruit in this recipe, if you use peaches you may want to substitute basil for the mint
1½ C Diced Mango	
1½ C Blueberries	



Directions:

1. Cook 1 cup quinoa in 2 cups of water with a pinch of salt (Bring quinoa to a boil, reduce heat and simmer for 15-20 minutes until all moisture is absorbed)
2. Let quinoa cool to room temperature or colder in the fridge.
3. Add all fruit to the cooled quinoa, and mix well
4. Combine lime juice, honey, and mint and stir until honey is no longer thick and there is a thin consistency to the dressing.
5. Add dressing to quinoa and fruit, mix well.
6. Line trays with parchment, and spread quinoa salad evenly across trays, add dividers set to 20 portions.
7. Freeze Dry
8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 24 hours	Rehydration: These can be eaten like a granola bar, with no rehydration. To rehydrate, add a little bit of cold water at a time, let sit, stir and repeat until all fruit and quinoa is rehydrated.
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*XL Tray = 15 Cups/Tray
Small = 5 Cups/Tray

Cycle times & rehydration for reference only

Large Tray = 8 Cups/tray Medium = 6 Cups/Tray