

# Raspberries

6 lb fills 4 medium HR trays



## Ingredients

6 lb raspberries, fresh or frozen  
(depending on your tray capacity)

## Directions:

1. Line your trays with parchment and spread the raspberries out evenly.
2. Pre-freeze until solid or go straight into the freeze dryer.
3. Freeze dry (my cycle time was 33 hours in a mixed load)
4. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Not intended for rehydration. They do not rehydrate well. They are an excellent snack or throw them in your favorite recipe! Blending them in a smoothie or cup of yogurt is my favorite way to enjoy freeze dried raspberries - so good!

## Notes:

Fresh raspberries have a short shelf life so freeze drying them is a fabulous way to save them. They are low in calories but very high in fiber and Vitamin C!

## Nutritional Value Per 1 cup

Calories: 64 Protein: 1 g Fat: 1 g Carbohydrates: 14 g Sugar: 6 g Fiber: 8 g