

Sangria, Red with Freeze Dried Fruit

Freeze Dried Pantry

This recipe makes 2 servings of Sangria or 1-32 oz jar



This recipe uses already freeze-dried fruits

Directions:

The ingredients above are for 1- 32oz Jar. You could double the recipe and make it in a pitcher.

1. In a jar, add the freeze-dried apple, pear, mango and cinnamon sticks (if using)
2. Pour in the ½ bottle of red wine along with the orange juice, brandy, and apple cider
3. Let the mixture sit for a few hours to allow the fruits to rehydrate slightly and infuse the sangria with flavor. For best results, refrigerate for 2-4 hours.
4. Serve with the freeze-dried fruit

Notes: Make this as a gift. Add freeze dried fruit to a jar and seal. Decorate the jar and add a tag with instructions. Gift with a bottle of wine and small bottles of brandy, OJ and apple cider. Swap out the fruits for any fruits you enjoy in your sangria.

Nutritional Value Per ½ jar including half the fruit in the jar

Calories: 301 Protein: 0.7 g Fat: 0.2 g Carbohydrates: 23 g Sugar: 15 g Fiber: 1 g

Ingredients

1 whole freeze-dried apple-thinly sliced
½ freeze-dried pear-thinly sliced
¼ cup of freeze dried mango chunks

Optional

2 cinnamon sticks

Ingredients for rehydration

¼ cup Brandy

½ cup apple cider

¼ cup orange juice or **2 tbsp** freeze dried OJ powder and **2 tbsp** water

½ bottle of Cabernet or any red wine

*double this recipe for a pitcher of Sangria