

Smoothie

A Freeze Dried Pantry Recipe

This recipe makes 1 smoothie

[John in Bibs': Smoothie Recipe from Freeze Dried Ep283](#)

Ingredients:

1 Tbsp PB2
1 Tbsp Mango Powder
1 Tbsp Beet Juice Powder
8 Tbsp Freeze Dried Milk powder
4 Tbsp Strawberry Banana Yogurt Powder
1½ C Cold Water



Directions:

1. In a smoothie blender, add in this order milk powder, yogurt powder, mango powder, beet juice powder, and PB2
2. Add Water, cover with the lid, shake it up a little bit, and then use the blender to mix.
3. You could put all ingredients together in a mylar package or jar, and store that way instead of mixing each time if desired.
4. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: Not applicable

Rehydration: add 1 ½ C Cold water
Add less if you want your smoothie thicker, or more if you want it thinner.



www.freezedryingcookbook.com

Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray