

Smoothie in a Jar

A Freeze Dried Pantry Recipe

1 recipe will fill an 8 oz Jar

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Ingredients: FD stands for Freeze Dried

1 ½ Tbsp FD Strawberry Yogurt (or yogurt of choice)	1 Tbsp FD Blueberry powder
½ Tbsp Cacao	1 Tbsp Collagen
1 Tbsp FD Kale	1 Tbsp ground Flaxseed
1 Tbsp FD Spinach	1 Tbsp Moringa powder
1 Tbsp Fd Raspberry powder	1 Tbsp Turmeric



Directions:

1. Layer all ingredients in a jar.
2. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: NA	Rehydration: <ol style="list-style-type: none"> 1. Add all ingredients to a blender/smoothie blender 2. Add 300mL (a little over 10 oz) of water to the blender, and let sit for up to 30 minutes. 3. Blend , add more water if needed to reach desired consistency 4. You can add ice if you want
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www.freezedryingcookbook.com

Cycle times & rehydration for reference only

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