

Smoothie in a Jar - Freeze Dried Pantry

This recipe makes enough for an 8 oz jar



Ingredients

1 ½ tbsp freeze-dried strawberry
yogurt (or yogurt of choice)
½ tbsp cacao
1 tbsp freeze-dried kale
1 tbsp freeze dried spinach
1 tbsp freeze-dried raspberry powder
1 tbsp freeze-dried blueberry powder
1 tbsp collagen
1 tbsp ground flaxseed
1 tbsp moringa powder
1 tbsp turmeric

This is a freeze-dried pantry recipe using already freeze-dried ingredients

This recipe was contributed by Larry Deubler

Directions:

1. Layer all of the ingredients in a jar.
2. Store appropriately for short term or long term use.

Rehydration:

Add all ingredients to a blender/smoothie blender. Add 300mL (a little over 10 oz) of water to the blender and blend. Let sit for a few minutes. Blend again and add more water if needed to reach desired consistency. Or you can add ice in place of some water if you prefer.

Notes:

This smoothie is a nutritional powerhouse! It's packed with vitamins, antioxidants, fiber, and so much more, giving your body a delicious and energizing boost with every sip!

Nutritional Value Per 1 serving

Calories: 239 Protein: 17 g Fat: 6 g Carbohydrates: 33 g Sugar: 12 g Fiber: 12 g