

Spinach Powder

7 cups of Raw Spinach will fill 1 small tray*

[Live. Life. Simple.'s: Freeze Drying Spinach Greens: Spinach Powder Superfood!](#)

Ingredients:

Washed Spinach

Water



Directions:

1. Add 1/2 cup of water to the bottom of the blender, add small amounts of Spinach and puree, then add more until you have about 1 tray's worth of spinach puree.
2. Line your tray with parchment, and pour and even out the Spinach Puree
3. You may wish to add dividers to help keep track of servings
4. Freeze Until Frozen Solid
5. Freeze Dry
6. Powder (using either a blender or a rolling pin and large zip style bag)
7. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 24 hours

Rehydration: Not intended on its own. You can capsule the powder, or add to smoothies and other foods as you cook.



www.freezedryingcookbook.com

Cycle times & rehydration for reference only

*XL Tray = 15 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 5 Cups/Tray