

Spinach Powder

7 cups of raw spinach will make about 4-5 cups of puree



Ingredients

Washed spinach

Water

Directions:

1. Pour 1/2 cup of water into the bottom of the blender.
2. Add a small amount of spinach and blend until smooth.
3. Continue adding more spinach in small amounts, blending each time, until you have enough puree to fill one freeze dryer tray.
4. Line the freeze dryer tray with parchment paper.
5. Pour the spinach puree onto the tray and spread it evenly.
6. If desired, place dividers on the tray to portion servings.
7. Freeze until completely solid.
8. Freeze dry (my cycle time was 24 hours)
9. Blend into a powder using a blender, or crush into a powder by placing it in a large zip-style bag and rolling over it with a rolling pin.
10. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

This powder is not meant to be rehydrated on its own. It can be encapsulated or mixed into smoothies, soups, and other recipes while cooking.

Notes:

You can purchase a capsule-filling machine to easily make your own spinach powder capsules at home. Simply fill empty capsules with the powder for a convenient way to take spinach as a supplement.

Nutritional Value Per 1.5 tsp powder

Calories: 7 Protein: 1 g Fat: 0.1 g Carbohydrates: 1.1 g Sugar: 0.1 g Fiber: 0.7 g