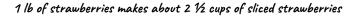
Strawberries

Ingredients

Strawberries





Directions:

- 1. Wash the strawberries and allow to drain.
- 2. Slice them into ¼" thick slices. There are great strawberry slicer tools that make this job easy.
- 3. Line your trays with parchment.
- 4. Arrange the strawberries in a layer on the trays. You can run up to three layers of strawberries by putting parchment between each layer.
- 5. Pre-freeze when possible
- 6. Freeze dry (my cycle time was 48 hours)
- 7. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended for rehydrating. Strawberries make an awesome freeze-dried snack!

Notes:

Don't short the dry time with strawberries because if the seeds don't fully dry they can ruin your storage.

Combine them with other freeze dried fruits to make a freeze dried fruit medley. They are also wonderful to add to your yogurt, smoothies or bowl of cereal.

Freeze-dry the strawberry tops and powder them to add to smoothies

Nutritional Value Per 1 cupCalories: 42Protein: 1 gFat: 0 gCarbohydrates: 10 gSugar: 4 gFiber: 2 g

www.freezedryingcookbook.com