

# Strawberries

*1 lb of strawberries makes about 2 ½ cups of sliced 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 cup

Calories: 42 Protein: 1 g Fat: 0 g Carbohydrates: 10 g Sugar: 4 g Fiber: 2 g