

# Strawberries for Jam

*This recipe makes as many as you wish to prepare*



## Ingredients

Fresh strawberries

## Directions:

1. Wash and core your strawberries.
2. Mash, or use a food processor to process your strawberries until you have as many cups as needed for your jam recipe.
3. Add parchment paper to your trays.
4. Spread the sliced strawberries onto the trays.
5. Pre-freeze when possible.
6. Freeze dry (my cycle time was 36 hours).
7. Store in jars for short-term use or in mylar bags for long-term storage.

## Rehydration:

Add water to the strawberries at a 1:1 ratio. Let sit for about 30 minutes, stirring several times. Once rehydrated, proceed with your favorite jam recipe.

## Notes:

I suggest you keep the quantity of strawberries needed for jam separated from the rest so you can package accordingly.

Don't short the freeze dry cycle since strawberry seeds can be hard to get fully dry.

Freeze dried strawberries can be used for all sorts of different things besides jam. They're great in yogurt to give it a sweetened crunch, blended into smoothies and even just eaten dry as a snack!

## Nutritional Value Per 1 cup

Calories: 46 Protein: 1 g Fat: 0 g Carbohydrates: 11 g Sugar: 7 g Fiber: 2 g