

# Strawberry Smoothie

This recipe will make 1 medium tray of Strawberry Smoothie\*

[John in Bibs': Strawberry Smoothie Freeze Dried for Gifting Ep 189](#)

## Ingredients:

1 ½ C Vanilla Greek Yogurt  
1 C Milk  
1 ½ C Sugar added sliced Frozen Strawberries thawed



## Directions:

1. Add your yogurt, strawberries, and milk to your blender.
2. Blend all ingredients together
3. Pour smoothie In ½ C round silicone molds (mine was a sheet of 12 circles cut in half) I used round to go into jars for gift giving.
4. Freeze until solid, then remove discs of smoothie from the molds
5. Place frozen discs on a silicone lined tray, I put 9 discs per tray.
6. Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)

The 3 discs fit nicely into a wide mouth pint jar, with an OA, vacuum sealed, and decorated to give away as gifts.

**Cycle Time:** Will Vary

**Rehydration:** 3 discs is 1 Serving add 10 oz of cold water, stir, and drink. (Optional) drink a little, add some crushed ice, put the lid back on the jar and shake, then drink.



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Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray    Small = 4 Cups/Tray