

Strawberry Smoothie

This recipe makes about 6 cups



Ingredients

2 cups greek yogurt
2 cups strawberries (sugar added sliced and frozen) Or slice and sweeten your own
1 ½ cups milk

Directions:

1. Add all the ingredients to a blender and blend until smooth
2. Add parchment paper to your trays
3. Spread the smoothie evenly on your trays
4. Place dividers (if you choose). We found using four portions per tray works well
5. Pre-freeze before Freeze Drying, 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 1 of your 4 divider portions or about 1 cup of freeze dried smoothie powder to a glass, mason jar or shaker bottle with 1 ¼-1 ½ cups of water. Let it sit for a few minutes, then shake or stir vigorously to mix. It may take a bit longer to rehydrate if it is not in powder form. You can also use a blender for a quicker rehydration and smoother texture

Nutritional Value for 1 serving of strawberry smoothie, about 1 ½ cups pre-freeze-dried

Calories: 155 Protein: 13 g Fat: 1 g Carbohydrates: 24 g Fiber: 1 g Sugar: 18 g