

THE FREEZE DRYING COMMUNITY  
PRESENTS

# THE FREEZE DRYING COOKBOOK

VOLUME 1

*2nd Edition*



OVER 100 TRIED AND TRUE FREEZE DRYER RECIPES  
CYCLE TIMES AND REHYDRATION INCLUDED

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# The Freeze Drying Cookbook

Presented By: The Freeze Drying Community

Volume 1

2<sup>nd</sup> Edition

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- Readers should use **their best judgment** and consult with a professional when necessary.

By using this cookbook, you acknowledge and accept that **results may vary**, and you assume full responsibility for the safe handling, preparation, and storage of freeze-dried foods.

**Thank you for supporting safe and successful freeze-drying**

**2nd edition 2025**

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Welcome to your journey into freeze-drying success! This cookbook is designed to help you master the art of preserving food while maintaining its flavor, texture, and nutritional value. Before you dive into the recipes, here are a few key things to keep in mind:

We designed this cookbook to be compatible with any freeze dryer, making it easy to adjust recipes based on your machine's capacity. To simplify calculations, when possible or applicable we list yields in cups per recipe, allowing you to scale the batch size to fit your trays.

For example, if a recipe yields 6 cups, and your tray holds 6 cups, but you want to fill 5 trays, you would need to multiply the recipe by 5 to ensure you have the right amount. This approach makes it easy to adapt recipes to match your specific freeze dryer size. See our freeze dryer capacity page for information about the capacity of your freeze dryer trays

## 1. Understanding the Freeze-Drying Process

Freeze drying removes moisture from food through sublimation, turning ice directly into vapor without passing through a liquid stage. This preserves food for long-term storage while retaining its original taste, shape, and nutrients.

## 2. Key Factors Affecting Freeze Drying

Several variables influence freeze-drying times and results:

**Pre-Freezing:** Most foods benefit from pre-freezing, which can speed up the process and improve texture.

**Proper Spacing on Trays:** Spreading food evenly prevents overloading and ensures efficient drying.

**Moisture Content:** Foods with high water content take longer to freeze dry.

**Ambient Conditions:** Humidity and room temperature can affect drying efficiency.

**Food Thickness:** Thinner slices dry faster than thicker ones. The amount of surface area exposed to sublimation

## 3. Storage Tips

Properly bagging your food immediately after it comes out of the freeze dryer is crucial to maintaining its long-term quality. Freeze-dried food is highly hygroscopic, meaning it quickly absorbs moisture from the air, which can lead to spoilage, texture changes, and reduced shelf life. To prevent this, transfer food directly into Mylar bags with oxygen absorbers, vacuum-sealed jars, or airtight containers as soon as it finishes drying. Delaying this step, even by a few minutes, can allow humidity to seep in, compromising the crispness and preservation of your food. By sealing your freeze-dried goods right away, you ensure maximum freshness, flavor, and longevity for years to come.

## 4. Cycle Times and Rehydration Methods

The information provided in these recipes serves as a general reference, but keep in mind that many factors influence freeze-drying times and rehydration ratios. Variables such as food type, thickness, and freeze dryer settings can affect the process. While these guidelines can be helpful, your results may not always match the times and rehydration amounts listed in the cookbook. As a best practice, start with a lesser amount of water when rehydrating and gradually add more as needed.

## 5. Freeze Dried Pantry Recipes

Any recipe that has - Freeze Dried Pantry behind it, uses already freeze dried ingredients. If you do not already have these ingredients freeze dried, your intention in using the recipe will need to be considered: are you making a meal to eat right now and have the same ingredient fresh? Are you working on making MRE's or Meals in a Jar? The answer to those questions will determine how you should proceed with altering or using the recipe.

## 6. Most Importantly

Just like in cooking, individual results will vary. Factors such as ingredient brands, precise measurements, ambient temperature, and humidity can all impact freeze-drying and rehydration outcomes. As you experiment, take note of patterns in different recipes, recognize what adjustments may be needed, and enjoy the process. Over time, you'll develop the skills to modify your favorite recipes for optimal freeze-drying results.

## 7. Experiment and Have Fun!

Just like traditional cooking, freeze drying is a learning experience. As you try different recipes, take notes on what works best, adjust water ratios for rehydration, and enjoy the process of creating long-lasting, delicious meals.

Happy Freeze Drying!



- Apple Spinach and Brown Rice Baby Food
- Mango Sweet Potato Baby Food
- Pea Spinach and Pear Baby Food
- Pineapple Broccoli Baby Food
- Zucchini Banana Baby Food

# Baby Food



# *Apple Spinach and Brown Rice Baby Food*



## **Ingredients**

**1 tbsp** lemon juice  
**2½ cups** cooked brown rice  
**5 cups** raw spinach (washed and packed)  
**5 apples** (cored and chopped)

## **Directions:**

1. Cook the rice according to the package
2. Core and cut apples into chunks
3. Add all ingredients to a blender and blend into a smooth puree.
4. Line trays with parchment paper
5. Pour baby food puree onto the tray and spread evenly across the tray
6. Place dividers - 40 portions (if you choose). You can also powder it after you freeze-dry
7. Pre-freeze before Freeze Drying, when possible
8. Freeze dry (My cycle was 57 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

## **Rehydration:**

Add about 4 tbsp of water to 2 cubes from the 40-portion dividers or about ¼ cup of freeze-dried baby food. Stir and enjoy

## **Notes:**

These also make great snack bars.

## **Nutritional Value Per ¼ cup serving**

Calories: 52 Protein: 0.91 g Fat: 0.20 g Carbohydrates: 12 g Fiber: 1 g Sugars: 4 g

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# Mango Sweet Potato Baby Food

*This recipe makes about 6 cups*



## Ingredients

**1 tbsp** lemon juice  
**2½ cups** cooked sweet potato  
**5 cups** mango (skinned and chopped or frozen chunks, thawed)  
**2½ cups** cooked quinoa

## Directions:

1. Cook the quinoa according to the package
2. Cook the sweet potatoes by boiling or baking
3. Peel and chop mangos (if using frozen, skip this step)
4. Add all ingredients except Quinoa to a blender and blend into a smooth puree.
5. Add Quinoa to the blender and blend again until smooth. (You may need to add water to get a smooth, not-too-thick texture) .
6. Line trays with parchment paper
7. Pour baby food puree onto the tray and spread evenly across the trays
8. Insert the dividers. You can also just powder after you freeze dry.
9. Pre-freeze before freeze-drying when possible.
10. Freeze Dry (My cycle time in a large freeze dryer with a premier pump was 57 hours for 5 trays of baby food)
11. Store in sealed jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add about 4 tbsp of water to 2 cubes from the 40-portion dividers or about ¼ cup of freeze-dried baby food. Stir and enjoy

## Notes:

These also make great snack bars

## Nutritional Value Per ¼ cup serving

Calories: 60 Protein: 1 g Fat: 0.75 g Carbohydrates: 13 g Fiber: 2 g Sugars: 6 g

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# Pea Spinach and Pear Baby Food

*This recipe makes about 6 cups*



## Ingredients

**1 tbsp** lemon juice  
**2½ cups** fresh or frozen peas  
**5 cups** raw spinach  
**5 pears**, cored and chopped

## Directions:

1. Core and chop pears
2. Add all ingredients to a blender and blend into a smooth puree.
3. Line trays with parchment paper
4. Pour baby food puree onto the tray and spread evenly across the trays
5. Insert the dividers (if you choose). You can also just powder after you freeze dry.
6. Pre-freeze before freeze-drying when possible.
7. Freeze Dry (My cycle time in a large freeze dryer with a premier pump was 57 hours for 5 trays of baby food)
8. Store in sealed jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add about 4 tbsp of water to 2 cubes from the 40-portion dividers or about ¼ cup of freeze-dried baby food. Stir and enjoy

## Notes:

These also make great snack bars

## Nutritional Value Per ¼ cup serving

Calories: 41 Protein: 1 g Fat: 0.20 g Carbohydrates: 9 g Fiber: 2 g Sugars: 5 g Fat: 0.20 g

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# Pineapple Broccoli Baby Food

*This recipe makes about 6 cups*



## Ingredients

**5 cups** pineapple

**3½-4 cups** uncooked broccoli florets

## Directions:

1. Core your pineapple
2. Add the pineapple to a blender and blend until smooth
3. Add broccoli florets to the blender and blend again until smooth.
4. Line trays with parchment paper
5. Pour baby food puree onto the tray and spread evenly across the trays
6. Insert the dividers (if you choose). You can also just powder after you freeze dry.
7. Pre-freeze before freeze-drying when possible.
8. Freeze Dry (My cycle time in a large freeze dryer with a premier pump was 57 hours for 5 trays of baby food)
9. Store in sealed jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add about 4 tbsp of water to 2 cubes from the 40-portion dividers or about ¼ cup of freeze-dried baby food. Stir and enjoy

## Notes:

These also make great snack bars

## Nutritional Value Per ¼ cup serving

Calories: 30 Protein: 1 g Fat: 0.15 g Carbohydrates: 7 g Fiber: 1 g Sugars: 4 g Fat: 0.15 g

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# Zucchini Banana Baby Food

*This recipe makes about 6 cups*



## Ingredients

**1 tbsp** lemon juice  
**5** bananas  
**2½ cups** cooked zucchini  
**2½ cups** cooked brown rice

## Directions:

1. Chop Zucchini into small chunks and cook. (Use a steamer. If you don't have a steamer, use a frying pan with water covering the bottom. Add zucchini and cover to "steam" for about 10 minutes)
2. Cook your rice according to the package or use rehydrated freeze-dried rice
3. Add bananas to the blender and blend until smooth (add water if needed)
4. Add cooked rice and zucchini to the blender and blend until smooth. (You may need to add water to get a smooth, not-too-thick texture) .
5. Line trays with parchment paper
6. Pour baby food puree onto the tray and spread evenly across the trays
7. Insert the dividers (if you choose). You can also just powder after you freeze dry.
8. Pre-freeze before freeze-drying when possible.
9. Freeze Dry (My cycle time was 57 hours for 5 trays of baby food)
10. Store in sealed jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add about 4 tbsp of water to 2 cubes from the 40-portion dividers or about ¼ cup of freeze-dried baby food. Stir and enjoy

## Notes:

These also make great snack bars

## Nutritional Value Per ¼ cup serving

Calories: 60 Protein: 1 g Fat: 0.75 g Carbohydrates: 13 g Fiber: 2 g Sugars: 6 g Fat: 0.75 g

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- Biscuits and Gravy
- Cereal Bars
- Eggs, Hardboiled
- Eggs, Scrambled & Raw
- French Toast Dippers
- Hot Apple Pie Oatmeal
- Idaho Breakfast Skillet

# Breakfast





# Biscuits and Gravy

*This recipe makes about 16 cups of gravy and 10 biscuits*



## Ingredients

**2 lb** sausage  
**10** southern style biscuits-canned  
**1 ½ cup** flour  
**8 cups** milk (whole works best)

**Optional:** pepper, paprika, salt, and garlic salt

## Directions:

1. Preheat the oven to 375 degrees
2. Cook and drain sausage, then rinse with hot water to remove some of the fat
3. Bake biscuits for 8-10 minutes, until golden brown
4. In a large frying pan, heat 8 cups of milk.
5. Remove  $\frac{3}{4}$  - 1 cup of warmed milk from the pan and mix with 1 ½ cup flour to make a rue
6. Add rue back into the saucepan and bring to a low boil until milk thickens
7. Add the cooked sausage, reduce the heat, and stir. Remove from heat
8. Add parchment paper to your trays
9. Spread the sausage gravy evenly on your trays
10. Place dividers (if you choose). We like to use 10 portions per tray
11. Cut each biscuit into 16 pieces and put one cut-up biscuit per divider portion. We like 10 portions
12. Freeze Dry (my cycle time was 37 hours)
13. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 of your 10 divider portions of sausage gravy to a bowl and 1 of the 10 divider portions of cut-up biscuits to a separate bowl. If you are not using dividers, measure about 1 ½ cups of chunky freeze-dried sausage gravy into one bowl and 2 cups of biscuit chunks into a separate bowl. Add 1 ½ cups of boiling water to the bowl with the sausage gravy and stir. Then add the chopped biscuits to the bowl with the sausage gravy and water, stir, and cover for 5 minutes. Uncover and give it a good stir; cover for about 4 more minutes. Enjoy

## Notes:

Rehydrates well in a mylar bag. Great for camping or road trips

## Nutritional Value Per 1 ½ cups gravy and 1 biscuit

Calories: 512 Protein: 22 g Fat: 33 g Carbohydrates: 29 g Sugar: 11 g Fiber: 0 g

# Cereal Bars

*This recipe makes as many trays as you like*



## Ingredients

**Cereal**-any type you like.

We like cereal with smaller pieces (cocoa puffs, fruity pebbles, cheerios etc)

**Milk**-You can use dairy or plant-based milk (we like oat milk). The milk can be flavored or plain (chocolate, vanilla, strawberry)

**Add ins:** strawberries, blueberries, raisins, banana, marshmallows  
PB2-mix with the milk

## Directions:

1. Add parchment paper to the bottom of your tray to avoid sticking
2. If using, spread your choice of freeze-dried fruits or add-ins evenly across the bottom of the tray.
3. Pour cereal over the fruit/add-ins, filling the tray most of the way to the top.
4. Slowly pour milk over the cereal, ensuring it covers the mixture just enough to hold everything together. Avoid overfilling the tray
5. Add dividers- we highly recommend dividers for this recipe. We like the 20-portion setting.
6. Pre-Freeze-Add lids for easier transport
7. Freeze-Dry (my cycle time was 20 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

You can eat the cereal bars freeze-dried. If you prefer to rehydrate, add 4 of the 20 portion dividers or about 1 ½ cups of freeze-dried cereal to a bowl. Pour ¾ cup of cold water over the cereal (adjust the water to your preference for cereal). Stir and eat immediately to avoid soggy cereal

## Notes:

These are great for snacks or breakfast on the go.

**Nutritional value will vary greatly depending on cereal type, add-ins, and type of milk**  
**One example of nutritional value for 1 of the 20 portion bars with oat milk, strawberries, and Cheerios**  
Calories: 36 Protein: 1 g Fat: 1 g Carbohydrates: 6 g Sugar: 1 g Fiber: 1 g

## Eggs, Hardboiled



### Ingredients

Eggs

### Deviled Eggs Ingredients

10 egg yolks  
5 **tbsp** of Greek yogurt  
2 **tsp** Dijon mustard  
1 **tsp** paprika  
1 **tsp** pickle juice  
½ **tsp** hot sauce  
salt and pepper

We tried rehydrating hard boiled eggs whole & halves the whites were unsuccessful. Diced eggs were successful

### Directions:

1. In an Instant Pot add a metal or silicone trivet to the bottom of the pan
2. Add 1 cup of water and up to 16 eggs (alternatively, you can boil eggs for 8-9 minutes in a pan on the stove)
3. Set the instant pot to high pressure for 5 minutes. Allow the instant pot to release for 5 minutes naturally, then manually release
4. Add all the cooked eggs to a cold water bath (ice and water) for 5 minutes and peels

### For diced eggs (great for egg salad)

1. Dice into bite-size pieces
2. Add parchment paper to your tray
3. Add chopped eggs to your tray

**For deviled eggs** (the whole whites do not rehydrate well, but you could chop them and add the deviled egg mixture to them after rehydrating for a deviled egg salad)

1. Cut the hardboiled eggs in half and remove the yolks.
2. Place them in a separate bowl (we used 10 eggs) and add all ingredients listed. Mix until smooth
3. Dice the egg whites into small pieces
4. Add parchment to the tray, add egg white pieces, and spoon the deviled egg mixture onto the tray

Freeze Dry (my cycle time was 40 hours) Store in jars for short-term use or in mylar bags for long-term storage

### Rehydration:

-Diced eggs: cover them in warm water and allow them to sit for about 5 minutes. Drain and enjoy

-Diced eggs made into egg salad: add ½ cup of diced eggs to a bowl with 1 tbsp of pickle juice(or water), 1 tbsp of mayo, and ½ tsp of mustard. Stir & allow to sit for about 5 minutes. Stir. Enjoy on a sandwich or with crackers

-Deviled eggs: add ½ cup of diced egg whites, 1 ½ tbsp of deviled egg powder and 3 tbsp of water. Stir and allow to rehydrate for 5-10 minutes. Stir. Add to some bread for a delicious deviled egg sandwich

### Nutritional Value Per 1 diced egg

Calories: 78 Protein: 6 g Fat: 5 g Carbohydrates: 1 g Sugar: 0 g Fiber: 0 g

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# Scrambled Eggs - Raw Freeze Dried, Rehydrated

*This recipe makes about 5 cups of raw eggs*



## Ingredients

About 20 eggs  
Salt or sugar

## Directions:

1. Crack the desired amount of eggs in a blender. As a baseline, assume approximately 4 eggs per cup.
2. Blend thoroughly for 8-10 seconds
3. Add 1-2 tsp of salt or sugar to 4-6 cups of eggs. Depending on your flavor preference, this can be adjusted up or down. The salt and sugar help keep the proteins from separating and forming clumping. I would not recommend sugar unless you are using the eggs for baking something sweet
4. Add parchment paper to your trays
5. Pour the eggs onto the trays
6. Freeze Dry (my cycle time was 40 hours)
7. Run the freeze-dried eggs through a food processor to produce a very fine powder
8. Store in jars for short-term use or in mylar bags for long-term storage
9. Sanitize, sanitize, sanitize your freeze dryer and trays after freeze-drying raw eggs

## Rehydration:

2 tbsp egg powder + 2 tbsp water = 1 freeze-dried egg. These freeze-dried eggs are great for baking or scrambling

## Notes:

We found that raw eggs vs cooked, freeze-dry is the best. They rehydrate well and cook just like a fresh egg. To avoid messes when adding eggs to the trays, place your trays in the freeze or freeze dryer and then pour the eggs into the trays

## Nutritional Value Per 1 egg

Calories: 78 Protein: 6 g Fat: 5 g Carbohydrates: 1 g Sugar: 0 g Fiber: 0 g



# French Toast Dippers

*The amount the recipe makes can vary greatly depending on bread loaf size*



## Ingredients

6 eggs  
½ **tsp** Nutmeg  
1 **tsp** cinnamon  
2 **tbsp** stevia or sweetener  
¼-½ Cup Milk  
½ **tsp** vanilla extract  
1 **loaf** of bread  
(Hawaiian bread turned out amazing!)

## Dipping sauce:

2 **tbsp** Stevia  
6 **cups** of fresh or frozen fruit  
Any fruit will work

## Directions:

1. Crack 6 eggs into a bowl or casserole dish and whisk until smooth
2. Stir in nutmeg, cinnamon, milk, and vanilla extract until fully combined
3. Slice your bread into ¾-inch thick pieces. Or use pre-cut bread
4. Dip each slice into the egg mixture, coating it evenly but not soaking it.
5. Place the coated slices onto a lightly greased griddle or pan. Cook until golden brown on both sides
6. Try to achieve a balance with a crispy exterior while keeping the inside soft and tender.
7. Once cooked, cut the French toast into strips or wedges about the width of your finger
8. Add parchment paper to your trays
9. Make a single layer of sliced french toast pieces on your trays (you can fully cover the tray)

## Make the dipping sauce:

1. Add about 4 cups of berries of your choice to a blender with a bit of water; blend until smooth
2. For a sweeter sauce, add about 2 tbsp of stevia to the berries and blend again
3. Place parchment on your trays
4. Pour dipping sauce onto trays
5. Place dividers (if you choose). We like to use 40 portions per tray

## Freeze dry:

1. Pre Freeze when possible
2. Freeze dry (my cycle time was 20 hours)
3. Store in jars for short-term use or in mylar bags for long-term storage

**Rehydration:** You can eat the french toast sticks freeze-dried. To rehydrate them, add a little syrup or dipping sauce to a bag with the french toast sticks and allow to sit for 15 minutes or more. To rehydrate the sauce, add 2 tbsp of cold water to 1 of the divider portions or about ¼ cup of the freeze-dried dipping sauce. Stir and enjoy

**Notes:** For camping or on-the-go eating, add small sealed pouches (made from mylar bags) of syrup to your mylar bag with the french toast

## Nutritional Value Per 1 slice of Hawaiian bread french toast

Calories: 164 Protein: 7 g Fat: 5 g Carbohydrates: 23 g Sugar: 9 g Fiber: 1 g

# Hot Apple Pie Oatmeal

*This recipe makes about 6 cups*



## Ingredients

**1 cup** steel-cut oats  
**1 ½ cups** almond/soy/milk  
**1 ½ cups** water  
**¼ cup** raisins or cranberries  
**3 large** apples  
**1 ½ tsp** cinnamon  
**½ tsp** nutmeg  
**1 tsp** vanilla  
**½ tsp** ginger

## Directions:

We prefer to use an instant pot for this recipe, but you could also cook it on the stovetop

1. Core and chop the apples
2. Add all the ingredients to the instant pot and stir
3. Set the instant pot to high pressure for 4 minutes. Allow natural release
4. Stir oatmeal to incorporate the spices and apples evenly
5. If you use a stovetop, add water and milk to a saucepan, boil, reduce heat, and add the rest of the ingredients. Cook for about 20 minutes or until the oatmeal is cooked
6. Add parchment paper to your trays
7. Spread the oatmeal evenly on your trays
8. Place dividers (if you choose). We like to use 10 portions per tray
9. Pre-freeze before Freeze Drying, when possible
10. Freeze Dry (my cycle time was 38 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Use 2 of your 10 divider portions to a bowl or about 2 cups of chunky freeze-dried oatmeal. Add 1 cup of boiling water. Cover for about 5 minutes. Stir and adjust consistency as needed. Enjoy.

**Notes:** These also make great snack bars without rehydrating.

## Nutritional Value Per 1 cup of noodles and 3/4 cup of meat sauce

Calories: 190 Protein: 32 g Fat: 6 g Carbohydrates: 16 g Sugar: 4 g Fiber: 2 g

# Idaho Breakfast Skillet

*This recipe makes about 24 cups*



## Ingredients

**2 lbs** fresh potatoes or frozen/cubed hashbrowns  
**1** onion  
**2** bell peppers (any color)  
**24 oz.** ham steaks or sausage  
**3 cups** of packed spinach  
**16 oz** Mushrooms  
**4** dozen eggs  
**2 cups** cottage cheese (optional)  
**4 cups** shredded cheese (optional)

This makes a large batch. Have a large bowl or pan to combine all ingredients once cooked

## Directions:

1. Wash and dice the potatoes(if using fresh). Chop the onion and peppers and slice the mushrooms. Wash and chop the spinach.
2. Lightly oil a pan (or skip the oil if preferred) and cook start cooking the potatoes, onions, and peppers
3. While the veggies cook, cube the ham into small pieces, trimming off any dense fat.
4. Once the potatoes are halfway cooked, stir in the mushrooms and continue to sauté.
5. In a bowl, add about 12 eggs and scramble. In a separate pan, cook the eggs one dozen at a time over low heat. For an extra smooth scramble, mix in some cottage cheese (about ¼ cup per dozen) with the eggs.
6. Repeat until all 4 dozen eggs are cooked
7. When the potatoes begin to brown, add the chopped spinach and cubed ham to the pan. Stir to combine
8. Once the eggs are fully cooked, sprinkle 1 cup of cheese per dozen eggs over the top and allow it to melt.
9. Combine the veggie-ham mixture and the cheesy eggs in a large bowl. Mix well to ensure even distribution.
10. Add a little salt and pepper or any spices you like.
11. Add parchment paper to your trays and spread the scramble mixture evenly on your trays.
12. Place dividers (if you choose). We like to use 10 portions per tray
13. Freeze Dry (my cycle time was 24 hours)
14. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add ¾ cup of boiling water to about 2 of your 10 divider portions or about 1 ¼ cups of freeze-dried breakfast skillet. Stir and cover for about 5 minutes. Enjoy

**Notes:** Rehydrates well in a mylar bag. Great for camping or road trips.

## Nutritional Value Per 1 serving

Calories: Protein: g Fat: g Carbohydrates: g Sugar: g Fiber: g

- Cowboy Caviar
- Guacamole- Homemade
- Hot Pepper Sauce
- Hummus-Black Bean
- Hummus- Chickpea
- Salsa- Homemade



# Dips & Appetizers



# Cowboy Caviar

*This recipe makes 8 cups*



## Ingredients

1-15 oz can black beans  
1-15 oz can black eyed peas  
1-10 oz can of Rotel  
1-15 oz can corn  
1 avocado  
1 onion  
1 red or orange bell pepper  
1 jalapeno  
1 tsp chili powder  
1 tsp cumin  
1/4 cup fresh lime juice(about 2 limes)  
1/2 cup of cilantro  
  
salt & pepper

## Directions:

1. Drain and rinse the black beans and black-eyed peas.
2. Drain the Rotel and corn.
3. Finely chop the onion, bell pepper, jalapeño, and cilantro.
4. Dice the avocado and set it aside
5. In a large mixing bowl, combine the black beans, black-eyed peas, Rotel, corn, onion, bell pepper, and jalapeño
6. Sprinkle the chili powder and cumin over the mixture
7. Add the fresh lime juice and stir everything together until well combined
8. Gently fold in the diced avocado and chopped cilantro to avoid mashing the avocado
9. Add parchment paper to your trays
10. Spread the Cowboy Caviar evenly
11. Pre Freeze when possible
12. Freeze dry (my cycle time was 32 hours)
13. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 cups of freeze-dried Cowboy Caviar to a bowl, jar, or mylar bag along with 1 1/2 cups of cold water. Let sit for a few minutes, stirring several times. This makes about 2 cups. Enjoy

## Notes:

For freeze-dried tortilla chips, just cut any tortilla into triangles and freeze dry along with your Cowboy Caviar. Squeeze fresh lime on the tortillas for extra flavor.

## Nutritional Value Per 1 cup of Cowboy Caviar

Calories 144 Carbohydrates 24 g Protein 6 g Fat 3 g Fiber 6 g Sugar 4 g

# Homemade Guacamole

*This recipe makes about 6 cups of guacamole*



## Ingredients

3 ripe avocados  
1 lime juiced  
½ **tsp** kosher salt  
½ **tsp** ground cumin  
½ **tsp** cayenne pepper  
½ **medium** onion diced  
1 jalapeno, or to taste  
2 roma tomatoes  
1 **tbsp** chopped cilantro  
1 clove of garlic minced

This recipe can be made in a food processor or mashed in a bowl with a fork. The bowl method will make a chunkier guacamole.

### Directions:

1. Cut avocados in half and remove the seeds. Scoop the avocado into your bowl or food processor
2. Cut lime into fourths and squeeze the juice from all 4 pieces of lime directly into the bowl or food processor
3. Dice the onion, tomato, and jalapeno and add to your food processor or bowl
4. Finely chop the cilantro and add it to the food processor or bowl
5. Add the minced garlic, kosher salt, cumin and cayenne pepper
6. Process until smooth or desired consistency. Or mash with a fork to desired consistency.
7. Add parchment paper to trays
8. Place dividers (if you choose). We like to use 10 portions per tray
9. Freeze dry. (my cycle time was 24 hours)
10. Store in jars for short-term use or in mylar bags for long-term storage

### Rehydration:

Add about 1 cup of freeze dried guacamole or 2 divider portions (if using) to a bowl. Add ½ cup of cold water and stir. This rehydrates quickly. Adjust for desired consistency.

**Notes:** Rehydrate this in a mylar bag or jar for a quick camping or road trip snack

### Nutritional Value Per 1 cup of guacamole

Calories: 139 Protein: 2 g Fat: 11 g Carbohydrates: 10 g Fiber: 6 g Sugars: 3g

# Hot Pepper Sauce-Homemade

*This recipe makes about 4 cups*



## Ingredients

**10 oz** of hot peppers of choice-I used jalapeno and habanero

**6** cloves garlic

**1** onion thinly sliced

**2** cups water

**1** cup vinegar

**Optional:** bell pepper or anaheim to cut the heat. These do not need to be cooked

## Directions:

1. Prep ingredients: Chop hot peppers, slice onion, and mince garlic.
2. Sauté: Heat oil or broth in a pan over high heat. Add peppers, onion, and garlic; sauté for 3 minutes.
3. Simmer: Add 2 cups of water, reduce heat to medium, and cook for 20 minutes until most water evaporates.
4. Cool & blend: Let cool, then blend until smooth. Slowly add 1 cup vinegar while blending.
5. Adjust heat: Taste and blend in mild peppers if needed.
6. Prepare trays: Line trays with parchment paper and spread the sauce evenly.
7. Pre-freeze: If possible, pre-freeze the trays before freeze-drying.
8. Freeze dry: Run the freeze dryer (cycle time was 45 hours).
9. Store: Keep in jars for short-term use or Mylar bags for long-term storage.

## Rehydration:

Add ½ cup of hot sauce powder to a bowl along with ¼ cup of cold water. Stir. Adjust the consistency as you prefer. Could also powder it and use it as spice.

## Notes:

You can use any kind of pepper for this recipe. A smoked pepper would also add some great flavor. Keep it in a powder and use it as a spice.

## Nutritional Value Per 1 serving

Calories: 249 Protein: 8 g Fat: 11 g Carbohydrates: 28 g Sugar: 27 g Fiber: 0 g

# Hummus-Black Bean

*This recipe makes 3 cups*



## Ingredients

6 cloves of garlic  
2-15 oz cans of black beans or 3 cups  
4 **tbsp** tahini  
2 **tbsp** lime juice or juice of 1 lime  
1 **tsp** cumin  
1 **tsp** chili powder  
½ **cup** of fresh cilantro  
  
salt and pepper to taste

## Directions:

1. Add all the ingredients to the food processor
2. Process until smooth and creamy. (you can add a little bit of water or reserved chickpea liquid as you process to hit the perfect consistency)
3. Adjust flavor by adding extra salt if needed.
4. Add parchment paper to your trays
5. Spread the hummus evenly
6. Pre Freeze when possible
7. Freeze dry (my cycle time was 31 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 1 cup of freeze-dried hummus to a bowl and mix with about ½ cup of cold water. Adjust liquid if needed. This rehydrates quickly. Stir and enjoy

## Notes:

For freeze-dried tortilla chips or pita chips, just cut any tortilla or pita into triangles and freeze-dry along with your hummus.

## Nutritional Value Per ¼ cup of hummus

Calories 68 Carbohydrates 8 g Protein 3 g Fat 2 g Fiber 2 g Sugar 0 g



# Hummus-Chickpea

*This recipe makes 6 cups*



## Ingredients

**8** garlic cloves  
**4 cups** chickpeas or **3-15oz** cans  
**4 tbsp** water or reserved chickpea juice  
**1 tsp** hot sauce  
**6 tablespoons** fresh lemon juice (or juice from **2** lemons)  
**⅔ cup** tahini  
**1 tsp** salt

## Directions:

1. Add all the ingredients to the food processor
2. Process until smooth and creamy. (you can add a little bit of water or reserved chickpea liquid as you process to hit the perfect consistency)
3. Adjust flavor by adding extra salt if needed.
4. Add parchment paper to your trays
5. Spread the hummus evenly
6. Pre Freeze when possible
7. Freeze dry (my cycle time was 31 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 1 cup of freeze-dried hummus to a bowl and mix with about ½ cup of cold water. Adjust liquid if needed. This rehydrates quickly. Stir and enjoy

## Notes:

For freeze-dried tortilla chips or pita chips, just cut any tortilla or pita into triangles and freeze-dry along with your hummus.

## Nutritional Value Per ¼ cup of hummus

Calories 79 Carbohydrates 7 g Protein 3 g Fat 4 g Fiber 2 g Sugar 0 g

# Homemade Salsa

*This recipe makes about 5 cups*



## Ingredients

**10** roma tomatoes or 5-6 medium tomatoes  
**½ cup** of fresh cilantro  
**3** jalapenos  
**1 large** onion  
**4** cloves of garlic  
  
salt to taste

## Directions:

1. Preheat the oven to broil.
2. Slice the onions into rings, peel the garlic, and leave it whole. Remove the stems from the tomatoes and cut them in half.
3. Arrange the vegetables (jalapeños, onions, garlic, and tomatoes) on a baking sheet.
4. Broil the vegetables, flipping occasionally until well-charred on all sides.
5. Remove from the oven and let cool slightly.
6. Remove the stems from the jalapeños, slice them in half, and remove the seeds.
7. Transfer the roasted vegetables to a food processor or blender with cilantro and blend to your desired texture.
8. Taste and adjust with salt, water, and reserved jalapeño seeds to control the flavor and heat.
9. Line trays with parchment paper, pour salsa onto them, and add dividers if desired (e.g., 10 portions per tray).
10. Pre-freeze, then freeze-dry (cycle time was 45 hours).
11. Store in jars for short-term use or mylar bags for long-term storage.

## Rehydration:

Add about  $\frac{3}{4}$  cup of cold water to 1 cup (or 2 of the 10 divider portions) of freeze-dried salsa. Adjust as needed to desired consistency.

## Notes:

To adjust the heat in salsa, choose milder or hotter peppers based on your spice preference, and remove the seeds and membranes to reduce spiciness. Adding acidic ingredients like lime juice or sweet elements like mango can help balance and mellow the heat. If the salsa turns out too spicy, mix in more tomatoes, onions, or other mild ingredients to dilute the intensity.

## Nutritional Value Per 1 cup of salsa

Calories: 40 Protein: 1 g Fat: 1 g Carbohydrates: 9 g Sugar 4g Fiber: 2 g

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- Lemonade Powder- Homemade
- Orange Juice Powder- Homemade
- Protein Smoothie
- Pumpkin Spice Coffee Creamer - Non Dairy
- Sangria, Red Wine with Freeze Dried Fruit
- Sangria, White Wine with Freeze Dried Fruit
- Tomato Juice - Homemade

# Drinks



# Homemade Lemonade Powder

*This recipe makes ~12 cups of liquid to freeze dry & ~2 ½ cups of powder*



## Ingredients

**5 cups** water  
**2** whole lemons  
**12 tsp** stevia or **1 cup** of sugar

## Directions

1. Cut both ends off each lemon and quarter them (do not peel)
2. Add quartered lemons with peels on and water to a blender and blend until smooth
3. Add the stevia or sugar and blend again
4. Add parchment paper to your trays
5. Pour the lemonade into your trays
6. Add dividers if you are using them. (20 portions work great for this recipe each portion is about ⅓ cup freeze dried powder)
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 32 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 1 cup of cold water to ⅓ cup of freeze-dried lemonade powder. Stir in a glass or shake in a shaker bottle or jar. Enjoy

**Notes:** A high-powered blender like a Vitamix will give you a smoother consistency of lemonade. Zest the lemon before peeling and freeze-dry the zest for shelf-stable lemon zest.

## Nutritional Value Per ⅓ cup of powder using Stevia as the sweetener

Calories: 10 Protein: 0 g Fat: 0 g Carbohydrates: 9 g Sugar: 0.75 g Fiber: 0 g

# Orange Juice Powder-Homemade

*This recipe makes about 4 cups of OJ or 1 ½ cups of OJ powder*



## Ingredients

**1 cup** water  
**4** oranges

## Directions

1. Peel the oranges
2. Add oranges and water to a blender and blend until smooth
3. Add parchment paper to your trays
4. Pour the orange juice onto your trays. Do not fill all the way. This allows room for expansion
5. Add dividers if you are using them. (20 portions work great for this recipe)
6. Pre Freeze when possible
7. Freeze dry (my cycle time was 32 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 1 cup of cold water to ⅓-½ cup of freeze-dried orange juice powder. Stir in a glass or shake in a shaker bottle or jar. Enjoy

**Notes:** A high-powered blender like a Vitamix will give you a smoother consistency of orange juice. Zest your orange before peeling and freeze-dry the zest for shelf-stable orange zest.

## Nutritional Value Per 1 cup serving

Calories: 61 Protein: 1 g Fat: 0.4 g Carbohydrates: 15 g Sugar: 12 g Fiber: 3 g

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# Protein Smoothie

*This recipe makes 7 cups-about 4 large servings*



## Ingredients

2 bananas  
½ lb strawberries, blueberries or fruit of your choice (about 2-3 cups)  
1 cup kale  
1 cup spinach  
4 servings of pea protein or protein powder of your choice  
2-3 dates for extra sweetness  
4 cups of milk (any type will work)  
some milks will add extra protein

## Directions

1. Peel the bananas and wash the berries and greens thoroughly. (leave greens on the strawberries for some added nutrition)
2. If using dates, remove the pits
3. Add the milk to the blender first to help with blending
4. Add the kale, spinach, bananas, berries, date, and protein powder
5. Blend on high speed until smooth and creamy
6. Add parchment paper to your trays
7. Pour the smoothies into your trays
8. Add dividers if using. We like the 4 portion setting for this recipe
9. Pre Freeze when possible
10. Freeze dry (my cycle time was 40 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 cups of cold water to 1 divider portion of freeze-dried smoothie (if not using the dividers, use about 1 ¼ cups of smoothie powder). You can add this to a blender and blend, shake in a shaker bottle, or stir in a glass. All 3 methods work well. Enjoy

**Notes:** You will get a smoother consistency with a high-powered blender like a Vitamix. You can powder this before you bag it if you like. Store in single portion sizes for easy on the go smoothies.

## Nutritional Value Per 2 cup serving with strawberries, 3 added dates, and soy milk

Calories: 258 Protein: 27 g Fat: 4 g Carbohydrates: 30 g Sugar: 15 g Fiber: 3 g

# Pumpkin Spice Coffee Creamer-Non Dairy

*This recipe makes about 7 cups*



## Ingredients

**¾ cups** pumpkin puree  
**6 cups** oat milk  
**¾ tsp** vanilla or vanilla stevia  
**3 tsp** pumpkin pie spice

## Homemade pumpkin pie spice:

**1 ½ tsp** cinnamon  
**¾ tsp** nutmeg  
**¾ tsp** ground ginger

## Directions

1. Add all ingredients to a large saucepan.
2. Whisk to incorporate
3. Heat over medium heat for about 5-7 minutes. Stirring often
4. Cool slightly
5. Add parchment paper to your trays
6. Pour the creamer into your tray
7. Add dividers if using- 40 portions is perfect for this recipe
8. Pre Freeze when possible
9. Freeze dry (my cycle time was 31 hours)
10. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

- Drop 1 portion directly into your coffee to rehydrate. This is a less sweet option for folks who like black coffee
- Rehydrate 1 portion with ⅛ cup heavy cream(use plant-based version if desired) This makes a creamier coffee
- Rehydrate one portion with ⅛ cup canned coconut milk
- Rehydrate one portion with ⅛ cup of water
- Rehydrate one portion with milk of your choice

**Notes:** You will get a smoother consistency with a handheld frother when adding the creamer to your coffee. These would be perfect for camping. For a 12-oz cup of coffee, I like to use 2 portions. Add extra liquid stevia if you like a sweeter creamer.

## Nutritional Value Per 1 divider portion or 1-40th of recipe

Calories: 20 Protein: 0 g Fat: 1 g Carbohydrates: 3 g Sugar: 1 g Fiber: 0 g



# Sangria, Red with Freeze Dried Fruit

## Freeze Dried Pantry

*This recipe makes 2 servings of Sangria or 1-32 oz jar*



**This recipe uses already freeze-dried fruits**

### Ingredients

1 whole freeze-dried apple-thinly sliced  
½ freeze-dried pear-thinly sliced  
¼ **cup** of freeze dried mango chunks

### Optional

2 cinnamon sticks

### Ingredients for rehydration

¼ **cup** Brandy  
½ **cup** apple cider  
¼ **cup** orange juice or 2 **tblsp** freeze dried  
OJ powder and 2 **tblsp** water  
½ **bottle** of Cabernet or any red wine

\*double this recipe for a pitcher of Sangria

### Directions:

**The ingredients above are for 1- 32oz Jar. You could double the recipe and make it in a pitcher.**

1. In a jar, add the freeze-dried apple, pear, mango and cinnamon sticks (if using)
2. Pour in the ½ bottle of red wine along with the orange juice, brandy, and apple cider
3. Let the mixture sit for a few hours to allow the fruits to rehydrate slightly and infuse the sangria with flavor. For best results, refrigerate for 2-4 hours.
4. Serve with the freeze-dried fruit

**Notes:** Make this as a gift. Add freeze dried fruit to a jar and seal. Decorate the jar and add a tag with instructions. Gift with a bottle of wine and small bottles of brandy, OJ and apple cider. Swap out the fruits for any fruits you enjoy in your sangria.

### Nutritional Value Per ½ jar including half the fruit in the jar

Calories: 301 Protein: 0.7 g Fat: 0.2 g Carbohydrates: 23 g Sugar: 15 g Fiber: 1 g

# White Sangria with Freeze Dried Fruit

## Freeze Dried Pantry

*This recipe makes 2 servings of Sangria or 1-32 oz jar*



### Ingredients

**½ cup** sliced freeze-dried strawberries  
**½ cup** sliced freeze-dried peaches  
**½** of a thinly sliced freeze dried lime  
**½** of a thinly sliced freeze-dried orange  
**Optional:**  
add 6-7 freeze dried mint leaves

### Ingredients for rehydration

**¼ cup** Grand Marnier  
**1 cup** sparkling water or sprite  
**½ bottle** of any white wine

\*double this recipe for a pitcher of Sangria

**This recipe uses already freeze-dried fruits**

### Directions:

**The ingredients above are for 1- 32oz Jar. You could double the recipe and make it in a pitcher.**

1. In a jar, add the freeze-dried strawberries, peaches, oranges, and lime slices (and mint if using)
2. Pour in the ½ bottle of white wine and Grand Marnier
3. Let the mixture sit for a few hours to allow the fruits to rehydrate slightly and infuse the sangria with flavor. For best results, refrigerate for 2-4 hours.
4. Just before serving, add sparkling water or club soda if you prefer a fizzy sangria.

**Notes:** Make this as a gift. Add freeze dried fruit to a jar and seal. Decorate the jar and add a tag with instructions. Gift with a bottle of wine and 2 small shooters of Grand Marnier. Swap out the fruits for any fruits you enjoy in your sangria.

**Nutritional Value Per ½ jar including half the fruit in the jar and using Sprite**  
Calories: 297 Protein: 1 g Fat: 0 g Carbohydrates: 35 g Sugar: 31 g Fiber: 2 g

# Tomato Juice-Homemade

*This recipe makes about 12 cups*



## Ingredients

**30 medium-sized** tomatoes  
**1½ cups** green or sweet peppers  
**1 cup** carrots  
**½ cup** celery  
**1 onion**  
**2-3 cloves** garlic, minced  
**¼ cup** fresh or freeze-dried parsley  
**1 jalapeño**  
**¼ cup** sugar  
**¼ cup** lemon juice  
**1½ tbsp** salt  
**1 tbsp** Worcestershire sauce

## Directions:

1. Quarter the tomatoes, chop the peppers, carrots, celery and onion
2. In a large pot, add the quartered tomatoes.
3. Stir in the peppers, carrots, celery, onion, garlic, parsley, and jalapeño.
4. Cook over medium heat for 30-45 minutes, stirring occasionally, until the vegetables are soft and the tomatoes have released their juices.
5. Remove the pot from heat and let it cool slightly
6. Transfer the mixture to a blender or food processor in batches and blend until smooth
7. Return the blended mixture to the pot
8. Add the sugar, lemon juice, salt, and Worcestershire sauce to the pot
9. Stir well to combine all the flavors
10. Bring the sauce back to a gentle boil over medium heat
11. Simmer for an additional 10 minutes, stirring occasionally to prevent sticking
12. Add parchment paper to your tray
13. Spread the tomato juice evenly on your tray-add lids for easier carrying
14. Pre Freeze when possible
15. Freeze dry (my cycle time was 47 hours)
16. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 1 cup of tomato juice powder to 3 cups of cold water. Stir, shake or blend to mix. Enjoy

## Notes:

This juice is perfect to make a bloody mary

**Nutritional Value Per 1 cup of tomato juice before freeze drying**  
Calories 87 Carbohydrates 21 g Protein 3 g Fat 1 g Fiber 5 g Sugar 13 g

# Fruits & Vegetables

- Apples
- Applesauce - Homemade
- Avocados
- Bananas - Sliced
- Blueberries - Fresh & Frozen
- Garden Green Beans
- Garden Peas
- Hot Peppers
- Lemon Slices
- Pickle Chips
- Pineapple
- Potatoes, Raw & Sliced
- Pumpkin/Squash Puree
- Raspberries
- Strawberries
- Sweet Corn
- Sweet Potato Chips
- Tomatoes, Diced
- Wild Plums





# Apples

*1 medium apple is about 1 cup thinly sliced*



## Ingredients

apples

## Directions:

1. Slice the apples into even pieces. (An apple slicer can be used for convenience.)
2. Optional: Dip the slices in lemon juice to prevent browning.
3. Prepare the trays: Line them with parchment paper.
4. Arrange the apples: Spread the slices evenly on the trays. If they are thin enough, you can double layer them.
5. Pre-freeze (optional): Cover the trays with lids and freeze until solid, or place them directly into the freeze dryer.
6. Freeze dry. (My cycle time was 33 hours.)

## Rehydration:

Not intended for rehydration—enjoy as a healthy snack or incorporate into your favorite recipe! If using in a recipe, add water at approximately  $\frac{1}{4}$  of the apple's volume to restore texture.

## Notes:

Adding cinnamon for flavor makes a great twist on a still healthy snack.

## Nutritional Value Per 1 medium apple

Calories: 95 Protein: 0.5 g Fat: 0 g Carbohydrates: 25 g Sugar: 19 g Fiber: 5 g

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# Applesauce-Homemade

*This recipe makes 10-12 cups*



## Ingredients

**4-5 lbs** apples

**1 tbsp** cinnamon

sweetener (optional)

freeze dried fruit powder (optional)

## Directions:

1. Rinse and quarter the apples, removing the cores. You can leave the skins on for added fiber or peel them if you prefer a smoother texture.
2. Place the apples into your Instant Pot, Crock-Pot, or a large pot on the stove.
3. Add water to cook the apples. For the Instant Pot, pour 2 cups of water into the bottom of the pot. For the Crock-Pot or stovetop, you'll need more water—just enough to prevent sticking and ensure the apples cook evenly.
4. Add cinnamon and sweetener to taste. Keep in mind that some apple varieties are naturally sweet, while others may be more tart. You can also adjust the seasoning after cooking if you're unsure.
5. For the Instant Pot: Set it to High Pressure for 6 minutes. Once the cooking cycle is complete, perform a quick release. For the Crock-Pot: Cook on low for 4-6 hours or on high for 2-3 hours, until the apples are soft. For stovetop boiling: Simmer the apples over medium heat until tender, about 20-30 minutes.
6. Once cooked, transfer the apples (along with some of the cooking liquid) into a blender or food processor. Blend until you reach your desired consistency. If needed, slowly add more of the cooking liquid to thin the applesauce. I recommend blending half of the apples first, tasting, and adjusting the flavor with more cinnamon or sweetener if needed before blending the rest.
7. Pour the applesauce onto a parchment-lined freeze dryer tray—the sauce will be sticky, so parchment helps with cleanup.
8. Use tray dividers set to the 40-portion setting to create applesauce cubes for easy portioning.
9. Pre-freeze when possible.
10. Freeze dry (my cycle time was 37 hours)
11. Due to the thickness of the applesauce, ensure all trays are warm at the end of the freeze-drying cycle. If any trays feel cool or damp, add more drying time until everything is fully dried and warm to the touch.
12. Store in jars for short-term use or in mylar bags for long-term storage

(continued)

**Rehydration:**

For 2 divider cubes (from a 40-section tray) or 6 grams of freeze-dried applesauce, add 3 tablespoons of water to rehydrate.

For a thicker consistency (perfect as a spread for toast, pancakes, or muffins), simply reduce the water to your desired texture. Start with 1-2 tablespoons and adjust as needed.

**Notes:**

Another option for more flavor is adding freeze dried fruit powder to the applesauce. I used strawberry, but I think peach would be awesome or really any other fruit flavor would work.

**Nutritional Value Per 1 cup of plain applesauce**

Calories: 102 Protein: 0 g Fat: 0 g Carbohydrates: 28 g Sugar: 23 g Fiber: 3 g

# Avocados

*Prepare as many as you wish, but 8 make about 6 cups*



## Ingredients

avocados

**2-3 tbsp** lemon juice—to prevent browning

## Directions:

1. Slice the avocados, removing the pits and skin.
2. Soak in a lemon juice bath of 1 tbsp lemon juice per 1 cup of water to help prevent browning and improve rehydration.
3. Prepare the trays: Line with silicone mats for easy removal.
4. Arrange the slices evenly on the trays.
5. Pre-freeze (optional): Freeze until solid or place directly into the freeze dryer.
6. Freeze dry (my cycle time was 25 hours)

## Rehydration:

These can be enjoyed dry (my favorite way to eat them!). My rehydration attempt was unsuccessful, likely because I skipped the lemon juice soak, which helps preserve texture and color. If you try to rehydrate, start with minimal water and let them soak for a long time. Covering them may help.

## Notes:

Avocados are high in calories and fat, but it is mostly monounsaturated fat (good fat). They make excellent fuel for your body if you don't want a lot to eat. They are also a great source of many nutrients, including B vitamins and magnesium.

## Nutritional Value Per 1 medium avocado

Calories: 322 Protein: 4 g Fat: 30 g Carbohydrates: 17 g Sugar: 1 g Fiber: 14 g

# Bananas-Sliced

*2 medium bananas will make about 1 cup sliced*



## Ingredients

Bananas

## Directions:

1. Slice Bananas – Cut bananas into  $\frac{1}{4}$ - $\frac{1}{2}$ " thick pieces
2. Dip them in lemon juice if you want to inhibit the slices from turning brown.
3. Arrange on Tray – Stand the slices upright on a parchment- or silicone-lined freeze-drying tray to maximize space and airflow.
4. Cover & Freeze – Place the tray lid over the bananas and freeze until completely solid
5. Remove lids and freeze dry (usually under 12 hours, but depends on thickness)

## Rehydration:

Thick slices do not rehydrate the best. Thinner slices do ok. These are really meant to be eaten as a freeze-dried snack without rehydration.

## Notes:

You can use Candy Mode to partially dry bananas, stopping the process before they are fully dried. This will result in a texture similar to dehydrated banana chips—chewy and slightly soft rather than crispy. Check out our recipe titled Dehydrated Bananas to give this a try.

## Nutritional Value Per 1 medium banana

Calories: 115 Protein: 1 g Fat: 0 g Carbohydrates: 27 g Sugar: 14 g Fiber: 3 g

# Blueberries-Fresh & Frozen

*One pound of blueberries is about 3-3 ½ cups*



## Ingredients

blueberries

### Directions:

There are multiple ways to prepare blueberries that will freeze dry well. Some produce a slightly more appealing looking final product but all will freeze dry

#### Fresh Blueberries

1. Wash blueberries and let dry. Choose a method below to prep them for freeze-drying
  - a. Using a sharp paring knife, cut each blueberry in half. This is very time consuming, but will speed up the freeze drying process considerably and give you the best looking end product.
  - b. Using a sharp paring knife, simply put a slice through the skin on each berry, not quite as time consuming as cutting in half, takes a little longer to freeze dry, most berries look very nice, a few have some juices kind of leak out and freeze dry on the outside of the berry.
  - c. Using the berry roller tool, simply roll through the blueberries to pierce each berry. This is the fastest prep for fresh berries, these will take the longest of the fresh berries to freeze dry.
  - d. Blitz them in a food processor. This is fast but doesn't always give each berry the same prep
2. Add parchment paper to your trays and spread the blueberries out evenly

#### Frozen Blueberries

1. Place the frozen blueberries in a colander until completely thawed, rinse
2. Add parchment paper to your trays and spread the blueberries out evenly

Freeze until frozen solid (24+ hours) and Freeze Dry (My cycle time was about 32 hours)

### Rehydration:

Enjoy as a healthy snack or add to your oatmeal or granola.

**Notes:** These are also great to put in a blender with your favorite smoothies! High in antioxidants and anti-inflammatory properties, no wonder they're sometimes called a superfood!

#### Nutritional Value Per 1/4 cup of blueberries

Calories: 33 Protein: 0 g Fat: 0 g Carbohydrates: 7 g Sugar: 6 g Fiber: 1 g



# Garden Green Beans

*1 lb of green beans will make about 3 cups*



## Ingredients

green beans

## Directions:

1. Prepare the green beans – Snap off the ends of each green bean and break them into bite-sized pieces for even drying.
2. Clean thoroughly – Wash the beans well, then soak them for a few minutes to remove any dirt or bugs. Rinse thoroughly.
3. Blanch – Boil a pot of water and blanch the beans for 1-2 minutes to preserve color, texture, and nutrients. Immediately transfer them to ice-cold water to stop the cooking process, then drain well.
4. Arrange on Trays – Spread the beans evenly on a parchment-lined freeze-drying tray. If making seasoned snack beans, add spices now.
5. Pre-Freeze – Freeze until the beans are completely solid.
6. Freeze Dry (my cycle time was 47 hours)
7. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add a dollop of butter to your bowl of green beans if desired, then add boiling hot water to cover the green beans. Cover with foil, and let sit for 5-10 minutes. This restores the beans to the form of blanched beans. For your meal, cook them like you normally would in boiling water. These also make a great crunchy snack without rehydration

## Notes:

If you are making these as a snack, add your favorite seasonings before freeze-drying. Try seasoned salt, garlic salt or lemon pepper.

## Nutritional Value Per 1 cup

Calories: 31 Protein: 2 g Fat: 0 g Carbohydrates: 7 g Sugar: 3 g Fiber: 3 g

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# Garden Peas

*1 lb of peas equals about 2 cups*



## Ingredients

Peas

## Directions:

1. If you pulled the peas straight from your garden, shell them. Or you can buy fresh peas in bulk.
2. Blanch in boiling water for one minute.
3. Spread evenly across trays.
4. Pre-freeze, which makes the peas pop open.
5. Freeze dry (my cycle time was 40 hours).
6. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add a dollop of butter and boil them on the stove just as you would for fresh peas. You can also allow them to soak, covered, in hot water for about 15 minutes

Freeze-dried peas are an underrated snack! They are one of my favorites to eat straight from storage. The flavor really pops.

## Notes:

Peas have high protein content and are a go to for vegan diets. They are high in fiber, Vitamin C & K.

## Nutritional Value Per ½ cup

Calories: 62 Protein: 4 g Fat: 0 g Carbohydrates: 11 g Sugar: 4 g Fiber: 4 g

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# Hot Peppers

*This recipe will make as many as you wish to (dare to) prepare*



## Ingredients

carolina reapers  
jalapenos  
anaheim peppers

your hot pepper of choice

## Directions:

1. GEAR UP! Be cautious! When handling extremely hot peppers, wear gloves, eye protection and a respirator mask. Work in a well-ventilated area—outdoors is ideal. Save the hottest peppers for last to minimize exposure.
2. Cut off the tops of your peppers and chop. Remove the seeds if you intend on storing long term.
3. Spread out across parchment lined trays.
4. Pre-freeze
5. Freeze dry (my cycle time was about 20 hours)
6. I stored mine several different ways:
  - a. I powdered the Reapers using a food processor (wearing a respirator mask). I would also recommend gloves and eye protection. I would recommend doing this in your garage or outside.
  - b. I stored the rest as chopped, in small portions, to throw into stir fries and eggs as I cook.
  - c. I added some straight to freeze dried egg powder, added the water for the eggs, mixed and let them stand, and then cooked.

## Rehydration:

To rehydrate, flood peppers in cold water. They are also great to add to your favorite recipe to give it some kick!

## Notes:

These are also a great freeze dried pantry staple.

## Nutritional Value Per 1 medium jalapeno

Calories: 4 Protein: 0 g Fat: 0 g Carbohydrates: 1 g Sugar: 0.5 g Fiber: 0.5 g

# Lemon Slices

*3 lbs of average lemons, sliced will fill 4 trays that are 18"x7"*



## Ingredients

**3 lbs** lemons

## Directions:

1. Remove wax by carefully dipping each piece of fruit into boiling water for up to 60 seconds to loosen any wax coating. Remove the fruit and immediately rub off the wax using a paper towel.
2. Slice the fruit as evenly as possible, aiming for slices no thicker than  $\frac{1}{4}$  inch. Uniform slices ensure even freeze drying.
3. Line your freeze dryer trays with parchment paper or silicone liners to prevent sticking.
4. Place the fruit slices in a single layer on the trays. It's okay if the pieces are touching slightly, but avoid overlapping.
5. Pre-freeze
6. Freeze dry (my cycle time was 24 hours)
7. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Not intended for rehydration. Lemon slices are great to add to a glass of water, a mixed cocktail, or blend into a smoothie. They can also be ground up into a lemon powder for use in cooking (see our Lemon Powder recipe for details).

## Notes:

You can layer these up to 3 layers with parchment in between each layer. It will require additional cycle time.

## Nutritional Value Per 1 slice

Calories: 1.5 Protein: 0 g Fat: 0 g Carbohydrates: 1 g Sugar: 0 g Fiber: 0 g

# Pickle Chips

*Two 1 quart jars fill a tray that is about 20"x 8"*



## Ingredients

Pickles, either hamburger dill chips or sandwich dill stackers cut in half

Seasonings (optional)

## Directions:

1. Rinse the pickles in a colander with cold water in your sink and shake off the excess water.
2. If you are using the sandwich stackers, it's best to cut them in half so they aren't so long.
3. Line your trays with parchment.
4. Spread out the pickles so they don't overlap. If you want to add seasonings, sprinkle it on now.
5. You can stack up to three layers of pickles on one tray, with parchment in between each layer.
6. Freeze dry (my cycle time was 28 hours, but it depends on whether or not you layer them)
7. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Not intended for rehydration. They are a great salty snack (even non-pickle eaters say they really like these)!

## Notes:

Play around with seasonings. My favorite is ranch dressing powder. It is easy to try multiple seasonings in one batch with different layers/trays.

Pre-freezing really speeds up your cycle time, however it tends to leave a pickle smell in your freezer. I've decided to just let the freeze dryer freeze them even though it takes quite a while.

## Nutritional Value Per 1 serving (about 5 chips)

Calories: 5 Protein: 0 g Fat: 0 g Carbohydrates: 1 g Sugar: 0 g Fiber: 0 g



# Pineapple

*1 whole pineapple is about 5 cups OR 1-20 oz can is about 2 cups*



## Ingredients

Pineapple-whole or canned

## Directions:

1. If using whole pineapple, slice as evenly as possible for consistent results. I recommend using a pineapple corer/cutter to achieve uniform rings, then cut the rings into bite-sized pieces for easy handling and even drying. For canned pineapple, opt for diced pineapple
2. Add parchment paper to your trays.
3. Spread the pineapple out on your trays.
4. You can stack two layers of pineapples on one tray, with parchment in 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:

Pineapple will rehydrate, but it takes patience. In a bowl, cover the pineapple with water and let stand until the core part of the pineapple rehydrates. Then drain off the remaining water.

Freeze dried pineapple is a real treat eaten freeze-dried. I recommend keeping it as a snack rather than rehydrating.

## Notes:

Pineapple is very acidic, and this comes through when you eat freeze dried pineapple as a snack. You can rinse the pineapple before freeze drying to bring the acid level down a little bit.

Did you know that a one cup serving of pineapple has more than 100% of your daily dose of Vitamin C!

## Nutritional Value Per 1 cup

Calories: 82 Protein: 1 g Fat: 0 g Carbohydrates: 22 g Sugar: 16 g Fiber: 3 g

# Potatoes-Raw & Sliced

*1 medium potato will make about 1 cup sliced*



## Ingredients

Potatoes

## Directions:

1. Wash the potatoes. You do not need to peel them.
2. Thinly slice potatoes in a food processor to keep the slices equally sized.
3. Blanch sliced potatoes in boiling water for about 30 seconds.
4. Rinse potatoes in an ice water bath.
5. Put into a colander and let drip for a couple minutes.
6. Line the tray with parchment and then spread out blanched potatoes
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 25 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

In a bowl, add as many potatoes as you wish to prepare and cover them with water. Let stand for an hour or more, and mix periodically. When they are rehydrated they will still be crunchy because they are still raw uncooked potatoes, so don't expect them to be soft like cooked potatoes. Strain off the excess water.

## Notes:

Remember that these are still raw potatoes and should be used as such when you use them. If you will use them in a recipe, rehydrate them prior to incorporating them into a recipe.

## Nutritional Value Per 1 cup

Calories: 130 Protein: 3 g Fat: 0 g Carbohydrates: 30 g Sugar: 1 g Fiber: 2 g

# Pumpkin / Squash Puree

*Makes as much as you wish, up to the weight limit of your trays*



## Ingredients

Pumpkin or Squash

## Directions:

1. Cut the pumpkin or squash in half and scoop out all seeds and stringy pulp.
2. Place cut side down in a baking dish, or in your instant pressure cooker.
3. Add 1 cup of water to the baking dish or to your instant pressure cooker.
4. Bake for 1 hour at 350°F in the oven; or 10 minutes at high pressure with a natural release in your instant pressure cooker.
5. Make sure the pumpkin is tender before removing it from the oven or instant pot.
6. Remove the pumpkin skin.
7. Blend the flesh in a blender until most of the chunks are gone.
8. Spread evenly on a parchment lined tray, making sure not to exceed your weight limit per tray.
9. Pre-freeze when possible
10. Freeze dry (my cycle time was ~40 hours)
11. Powder the puree. This can be done with a blender or by placing it in a storage bag and rolling with a rolling pin.
12. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add about 230 grams of water to 24 grams of freeze dried pumpkin powder to get about 1 cup of reconstituted pumpkin puree (This may vary based on type of pumpkin freeze dried)

## Notes:

Pumpkin purée is low in calories and high in fiber, making it great for digestion. It's also rich in Vitamin A and antioxidants, which support vision and immune health.

## Nutritional Value Per 1 cup

Calories: 83 Protein: 3 g Fat: 1 g Carbohydrates: 20 g Sugar: 8 g Fiber: 7 g

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# Raspberries

*6 lb is about 24 cups*



## Ingredients

6 lb raspberries, fresh or frozen

## Directions:

1. Line your trays with parchment and spread the raspberries out evenly.
2. Pre-freeze until solid or go straight into the freeze dryer.
3. Freeze dry (my cycle time was 33 hours in a mixed load)
4. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Not intended for rehydration. They do not rehydrate well. They are an excellent snack or throw them in your favorite recipe! Blending them in a smoothie or cup of yogurt is my favorite way to enjoy freeze dried raspberries - so good!

## Notes:

Fresh raspberries have a short shelf life so freeze drying them is a fabulous way to save them. They are low in calories but very high in fiber and Vitamin C!

## Nutritional Value Per 1 cup

Calories: 64 Protein: 1 g Fat: 1 g Carbohydrates: 14 g Sugar: 6 g Fiber: 8 g

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# 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

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# Sweet Corn

*1 medium ear of corn makes about ¾ cup of kernels*



## Ingredients

Sweet corn

## Directions:

1. Husk the corn and brush it softly to remove silk
2. Blanch the sweet corn: Boil water, dunk corn in boiling water for 5-6 minutes, then dunk in an ice bath for several minutes
3. After corn is cooled down, use a serrated knife to cut corn off of the cobb. Stand the cobb on end on a cutting board and cut from top down. Rotate and repeat for all kernels.
4. Line tray with parchment or silicone
5. Fill trays with sweet corn
6. Season each tray as desired
7. Pre-freeze when possible
8. Freeze dry (my cycle time was 40 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Combine about 1 cup of corn and just shy of ½ cup water. Let sit, and then heat in the microwave. You can also rehydrate using about ¼ cup of butter and ¼ cup of water.

Try seasoning the corn before freeze-drying, and eat as a snack without rehydrating!

## Notes:

Freshness Matters. After being harvested, sweet corn starts converting its sugar into starch almost immediately. That's why it's best eaten or freeze dried as fresh as possible for maximum sweetness.

## Nutritional Value Per 1 cup

Calories: 132 Protein: 5 g Fat: 2 g Carbohydrates: 29 g Sugar: 9 g Fiber: 4 g

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# Sweet Potato Chips

*4 lbs of sweet potatoes will make about 5 cups sliced*



## Ingredients

sweet potatoes or yams  
smoked paprika  
pumpkin pie spice

## Directions:

1. Remove the ends of the yams or sweet potatoes. It is your preference if you want to skin them.
2. Run them through a food processor to slice them evenly.
3. Blanch: Boil water, dunk potatoes in boiling water for 3-4 minutes, then dunk in an ice bath for several minutes
4. Line your trays with parchment or silicone
5. Evenly spread blanched potatoes or yams onto your trays.
6. Sprinkle or dust with your preferred seasonings
7. Repeat steps 4- 6 to double layer these with a sheet of parchment between the layers.
8. Pre-freeze when possible
9. Freeze dry (my cycle time was 19 hours)
10. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Not intended for rehydration. Sweet potato chips make a great, non-greasy, crispy snack without rehydrating!

## Notes:

Sweet potatoes have some of the highest density of Vitamin A around! I recommend playing around with your seasonings because they are a bit bland when plain.

## Nutritional Value Per 1 cup

Calories: 115 Protein: 2 g Fat: 0 g Carbohydrates: 27 g Sugar: 8 g Fiber: 4 g

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# Diced Tomatoes

*1 large tomato or 2-3 roma tomatoes equal about 1 cup, diced*



## Ingredients

tomatoes, whole

## Directions:

1. Rinse and core the tomatoes.
2. Blanch: Drop them into a pot of boiling water for 30 seconds to one minute.
3. Cool: Use a slotted spoon to transfer them to a bowl of ice water. This helps loosen the skins.
4. Peel the tomatoes— the skins should slip off easily.
5. Chop to your desired size.
6. Simmer in a pot for 10-15 minutes.
7. Prepare the freeze dryer trays: Line with parchment paper or silicone.
8. Spread the tomatoes evenly on the trays, leaving excess liquid behind.
9. Pre-freeze (optional) or place directly into the freeze dryer.
10. Freeze dry (my cycle time with other tomato products was 30.5 hours)

## Rehydration:

Fresh tomatoes have a high water content. Fresh tomatoes have a high water content. When rehydrating add 1 part water to 2 parts freeze-dried tomato

## Notes:

Feel free to add any seasonings to your diced tomatoes. You can add them prior to freeze drying or when you rehydrate.

## Nutritional Value Per ½ cup diced tomatoes

Calories: 15 Protein: 1 g Fat: 0 g Carbohydrates: 4 g Sugar: 3 g Fiber: 1 g

# Wild Plums

*1 lb of plums equals about 2 cups*



## Ingredients

Wild Plums

## Directions:

1. Thoroughly wash the wild plums under cool running water to remove any dirt or debris.
2. Using a sharp knife, carefully slice each plum through the skin. For best freeze-drying results, make larger slices to open them up more to speed up the drying process.
3. Add parchment paper to your trays
4. Spread the plums out on your tray. They can be touching.
5. Pre-freeze when possible
6. Freeze dry (my cycle time was 37 hours)
7. Store in jars for short-term. Due to the plums still having seeds in them, they are not likely to store long term like other freeze dried foods.

## Rehydration:

Not intended for rehydration. Eat them as a snack.

## Notes:

Remember that the plums still have their seeds in them! If you want to store them long term you will have to go through the work of removing all the seeds.

## Nutritional Value Per 1 cup

Calories: 75 Protein: 1 g Fat: 0.5 g Carbohydrates: 18 g Sugar: 16 g Fiber: 2 g





- Acorn Squash Bowl
- Backpackers Mac n Cheese
- Beef Stroganoff
- Chana Masala
- Chicken and Dumplings
- Chicken Broccoli Salad
- Chicken Fried Rice
- Chili Mac
- Chili-Award Winning
- Egg Salad
- Fish - Smoked & Deep Fried
- Gyro Meat - Chicken
- Ham and Beans
- Hamburgers - Raw and Pre-Cooked
- Jambalaya
- Mac n Cheese - Homemade
- Pad Thai - Shrimp
- Spaghetti and Meatballs
- Spaghetti Sauce- Homemade
- Tuna Salad
- Venison Steak



# Meats & Main Dishes

# Acorn Squash

*This recipe makes about 16 cups*



## Ingredients

4 acorn squash  
1/2 **cup** panko bread crumbs  
1 **tbsp** parsley (preferably fresh)  
1 **tsp** garlic salt  
6 **oz** chopped mushrooms  
2/3 **cup** chopped onions  
1 clove garlic  
3 **cups** chopped kale  
2/3 **cup** raisins or currants  
1/4 **cup** soy sauce or tamari  
2 **tbsp** sherry or rice vinegar  
1 **tbsp** honey  
2 1/2 **cups** cooked wild rice  
vegetable broth for sauteing

## Directions:

1. Prepare the wild rice according to package instructions. This step may take some time, so start it early
2. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper
3. Remove the stems from the acorn squash, slice in half lengthwise, and scoop out the seeds and pith
4. Place the squash cut-side down on the baking sheet and bake for 25-30 minutes until tender
5. While the squash is baking, lightly toast the panko bread crumbs in a dry frying pan over medium heat until golden brown
6. Transfer the toasted panko to a small bowl and mix in the parsley and garlic salt. Set aside
7. In the same frying pan, add a small amount of vegetable broth and sauté the mushrooms, onions, and garlic for 5-6 minutes until soft. Add the kale and cook until it's wilted
8. Transfer the cooked vegetables to a large mixing bowl. Add the raisins, soy sauce, sherry, honey, and cooked wild rice. Stir until everything is evenly combined
9. Flip the cooked squash halves over and fill each cavity generously with the vegetable and rice mixture
10. Sprinkle the panko breadcrumb mixture over the top
11. Return stuffed squash to the oven and bake for an additional 15 minutes until filling is heated through
12. Remove from the oven and let cool slightly
13. Add parchment paper to your trays
14. Scoop the squash out of the skins and spread evenly onto your trays
15. Add dividers if using. We like the 10-portion setting
16. Pre Freeze when possible
17. Freeze dry (my cycle time was 38 hours)
18. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 divider portions or about 1 3/4 cups of freeze-dried squash to a bowl along with about 3/4 cup of boiling water. Cover for 5 minutes. Stir and enjoy.

## Notes:

Store this in meal-size portions for easy grab-and-go for road trips or camping

## Nutritional Value Per 2 divider portions or about 1 1/2 cups pre freeze-dried

Calories 163 Protein 4 g Fat 1 g Carbohydrates 38 g Fiber 4 g Sugar 9 g

# Backpackers Mac n Cheese

## Freeze-Dried Pantry

*This recipe makes 1 serving*



### Ingredients

**1 cup** freeze-dried small elbow macaroni

**1 tbsp** freeze-dried milk powder

**5 tbsp** freeze-dried Velveeta powder

### Directions:

1. Add all the ingredients to a mylar bag, jar, or bowl

**Rehydration:** Add about  $\frac{1}{3}$  cup of hot water. Cover and let it sit for 5 minutes. Stir and let it sit for 3-4 more minutes. Stir and enjoy

**Notes:** This is a great road trip or camping meal. Rehydrates well in a mylar bag.

### Nutritional Value Per 1 serving (about 1 $\frac{1}{2}$ cups)

Calories: 183 Protein: 8 g Fat: 6 g Carbohydrates: 28 g Fiber: 1 g Sugar: 3 g



# Beef Stroganoff

*This recipe makes about 10 cups*



## Ingredients

**2 lbs** lean ground beef  
**2- 10.5 oz** cans cream of mushroom soup  
**2 tbsp** garlic powder  
**16 oz** egg noodles  
**1 cup** sour cream

## Directions:

1. In a large skillet over medium heat, brown the ground beef until fully cooked.
2. Strain the beef to remove excess grease, then rinse with hot water to further reduce oil.
3. Allow the beef to drain completely, then pat dry with a paper towel to absorb any remaining moisture
4. While the beef is cooking, bring a large pot of water to a boil
5. Add the egg noodles and cook according to the package instructions until tender, drain and set aside
6. Return the drained and patted ground beef to a skillet over low heat
7. Stir in the cream of mushroom soup and garlic powder until well combined
8. Let the mixture simmer for about 10 minutes, stirring occasionally
9. Add the drained egg noodles to the beef mixture
10. Stir in sour cream, then season with salt and pepper to taste
11. Add parchment paper to your trays
12. Spread the beef stroganoff evenly onto your trays
13. Add dividers if using. We like the 10-portion setting
14. Pre Freeze when possible
15. Freeze dry (my cycle time was 60 hours)
16. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 of your ten divider portions or about 1 ½ cups of the freeze-dried beef stroganoff to a bowl, jar, or mylar bag. Add about 1 ⅓ cup of hot water. Cover and let it sit for 5 minutes. Stir and let it sit for 3-4 more minutes. Enjoy

## Notes:

Store this in meal-size portions for easy grab-and-go for road trips or camping

## Nutritional Value Per 1 ½ cups

Calories 583 Carbohydrates 58 g Protein 38 g Fat 20 g Fiber 3 g Sugar 4 g

# Chana Masala

*This recipe makes 24 cups with the added rice*



## Ingredients

**3 cups** cooked rice  
**6** medium sized potatoes  
**2** diced onions  
**4-15 oz** cans chickpeas  
**2-15 oz** cans diced tomatoes  
**2-15 oz** cans light coconut milk  
**2 tbsp** olive oil  
**4** cloves of garlic minced  
**2 tsp** chili powder  
**2 tsp** turmeric  
**4 tsp** cumin  
**4 tsp** ground coriander  
**4 tsp** garam masala  
**1-2 tsp** salt

## Directions:

1. Set the Instant Pot to Sauté mode.
2. Add olive oil, minced garlic, and diced onions. Cook, stirring occasionally, until the onions become soft and translucent.
3. Drain and rinse your chickpeas
4. In a small bowl, combine chili powder, turmeric, cumin, ground coriander, garam masala, and salt
5. Once the onions are cooked, switch the Instant Pot to high-pressure mode and set it for 15 minutes
6. Add the prepared spice mix and stir to coat the onions
7. Pour in the chickpeas, diced tomatoes, light coconut milk, and diced potatoes
8. Mix everything well, ensuring the ingredients are evenly combined
9. Close the Instant Pot lid, secure the valve, and press Start to begin cooking
10. Once cooking is complete, allow for a natural pressure release
11. Stir the mixture well and freeze dry as is, or mix in 3 cups of cooked rice
12. Add parchment paper to your trays
13. Spread the chana masala evenly onto your trays
14. Pre Freeze when possible
15. Freeze dry (my cycle time was 27 hours)
16. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 cups of freeze-dried chana masala to a bowl, jar, or mylar bag along with 2 cups of hot water. Cover and let sit for a few minutes, stir and cover again for about 5 more minutes. The rice and potatoes can take some time to rehydrate. This makes about 2 cups. Enjoy

## Notes:

I added rice to my recipe to make it easy to rehydrate on the go. You could leave out the rice and rehydrate the chana masala and serve over freshly cooked rice or freeze-dried rice you have on hand.

## Nutritional Value Per 2 cups with rice mixed in

Calories 368 Protein 11 g Fat 10 g Carbohydrates 57 g Fiber 10 g Sugar 3 g



# Chicken and Dumplings

*This recipe makes about 8 cups*



## Ingredients

**2 cups** chicken broth  
**1 lb** chicken breast diced  
**2 tbsp** freeze-dried minced onion or **½ cup** fresh minced onion  
**1 tbsp** dried parsley  
**1 ½ cups** frozen peas and carrots  
**2-10.5 oz** cans cream of chicken soup  
**1-16 oz** can buttermilk biscuits-about **8** large biscuits

## Directions:

1. Cook the chicken breasts and shred. Set aside.
2. Dice the onion
3. Pour the chicken broth into the Instant Pot and add the diced chicken, minced onion, dried parsley, peas and carrots, and cream of chicken soup.
4. Stir to combine, ensuring the chicken is fully covered by the soup mixture
5. Cut the biscuits into small bite-sized pieces
6. Place them on top of the other ingredients, ensuring they are evenly spread
7. Secure the lid on the Instant Pot and select Pressure Cook (High Pressure) for 2 minutes
8. Once finished, let the pressure release naturally for 3 minutes, then perform a quick-release
9. Gently stir the mixture to ensure the biscuits are evenly distributed.
10. Add parchment paper to your trays
11. Spread the chicken and dumplings evenly onto your trays
12. Add dividers if using. We like the 10-portion setting
13. Pre Freeze when possible
14. Freeze dry (my cycle time was 65 hours, but I did not pre-freeze)
15. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 of your ten divider portions or about 1 ½ cups of the freeze-dried fried chicken and dumplings to a bowl, jar, or mylar bag. Add about ¾ cup of boiling water. Cover and let it sit for 5 minutes. Repeat for 5 more minutes. Enjoy

## Notes:

The biscuits had a difficult time rehydrating. It might be better to freeze-dry the biscuits separately and then add them to the chicken mixture when you bag them or when you rehydrate.

## Nutritional Value Per 2 divider portions or about 1 ½ cups of chicken and dumplings

Calories 540 Protein 35 g Fat 21 g Carbohydrates 53 g Fiber 3 g Sugar 6 g

# Chicken Broccoli Salad

*This recipe makes about 4 cups*



## Ingredients

**2 cups** cooked cubed chicken  
**1 cup** chopped broccoli  
**½ cup** chopped bell pepper  
**1 cup** cheddar cheese  
**½ cup** plain greek yogurt  
**2 tsp** dill  
**1** clove minced garlic

## Directions:

1. Add the cooked chicken, chopped broccoli, bell pepper, cheddar cheese, Greek yogurt, dill, and minced garlic into a food processor.
2. Pulse a few times until everything is well combined but slightly chunky for texture.
3. Taste and season with salt and pepper if desired.
4. Add parchment paper to your trays
5. Spread the chicken-broccoli mixture evenly onto your trays
6. Add dividers if using. We like the 10-portion setting
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 30 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 divider portions or about 1 ¾ cups of freeze-dried chicken broccoli salad to a bowl along with about ¾ cup of room temp or cool water. Cover for 5 minutes. Stir and enjoy.

## Notes:

This makes a delicious dip with crackers, or use it in a sandwich

## Nutritional Value Per 1 cups pre freeze-dried

Calories: 227 Protein 26 g Fat 10 g Carbohydrates 6 g Fiber 1 g Sugar 2 g

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# Chicken Fried Rice

*This recipe makes about 8 cups*



## Ingredients

**4 cups** cooked brown rice  
**1 lb** chicken breast or shredded chicken  
**2 tbsp** sesame oil or vegetable broth  
**¾ cups** peas  
**¾ cups** carrots  
**¼ cup** chopped onions  
**3** cloves diced garlic  
**3** eggs beaten  
**3 tbsp** soy sauce

## Directions:

1. Peel the carrots and cut them into bite-sized pieces. Dice the onion
2. Cut the chicken into small chunks or shred and chop if using a whole chicken.
3. Heat 1 tbsp sesame oil (or broth) in a large pan or wok or large frying pan over medium heat.
4. Add the diced chicken and cook until fully browned and cooked through.
5. Remove the chicken from the pan and set aside
6. Add the remaining 1 tbsp sesame oil to the pan and stir in the peas, carrots, and onions, cooking for about 2 minutes until slightly softened
7. Stir in the minced garlic and cook for 1 more minute until fragrant
8. Push the vegetables to one side of the pan and pour in the beaten eggs on the empty side
9. Scramble the eggs until fully cooked, then mix them with the vegetables.
10. Return the cooked chicken to the pan and stir to combine
11. Add the cooked brown rice and mix well
12. Pour in the soy sauce and stir until everything is evenly coated
13. Cook for another 2-3 minutes, stirring occasionally, until heated through
14. Add parchment paper to your trays
15. Spread the chicken fried rice evenly onto your trays
16. Add dividers if using. We like the 10-portion setting
17. Pre Freeze when possible
18. Freeze dry (my cycle time was 42.5 hours)
19. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 of your ten divider portions or about 1 ½ cups of the freeze-dried fried rice to a bowl, jar, or mylar bag. Add about ¾ cup of boiling water. Cover and let it sit for 5 minutes. Repeat for 5 more minutes.

## Nutritional Value Per 2 divider portions or about 1 ½ cups of chicken fried rice

Calories 424 Protein 35 g Fat 13 g Carbohydrates 32 g Fiber 4 g Sugar 8 g

# Chili Mac

*This recipe makes about 9 cups*



## Ingredients

2 cloves minced garlic  
1 chopped onion  
1 bell pepper  
1 lb. lean ground beef  
28 oz can of crushed tomatoes  
15 oz can of kidney beans  
2  $\frac{3}{4}$  cups of vegetable broth  
8 oz elbow macaroni  
1 tsp cayenne pepper  
2 tsp paprika  
2 tsp cumin  
1.5 tsp onion or garlic powder  
1 tsp oregano  
 $\frac{1}{2}$  tsp pepper  
2 cups cheddar cheese

## Directions:

1. Chop the onion and pepper
2. In a large pot or deep skillet, add a few tablespoons of vegetable broth, add the minced garlic and chopped onion. Sauté for a few minutes until fragrant
3. Stir in the chopped bell pepper and continue cooking until the onions become translucent
4. In a separate pan, cook the lean ground beef over medium heat until browned
5. Drain, rinse with hot water, and pat dry with a paper towel to remove as much excess oil as possible
6. Increase the heat to high and return the cooked ground beef to the pot with the vegetables
7. Stir in the crushed tomatoes, remaining vegetable broth, drained kidney beans, and elbow macaroni
8. Add cayenne pepper, paprika, cumin, onion or garlic powder, oregano, black pepper, and salt to taste
9. Reduce the heat to medium and let simmer for 10-12 minutes, stirring occasionally, until the macaroni is tender but firm
10. The sauce should thicken and not be watery
11. Add the cheese and stir allowing the cheese to melt
12. Add parchment paper to your trays
13. Spread the beef stroganoff evenly onto your trays
14. Add dividers if using. We like the 10-portion setting
15. Pre Freeze when possible
16. Freeze dry (my cycle time was 23 hours)
17. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 of your ten divider portions or about 1  $\frac{3}{4}$  cups of the freeze-dried cheesy chili mac to a bowl, jar, or mylar bag. Add about 1  $\frac{1}{2}$  cups of boiling water. Cover and let it sit for 5 minutes. Stir and let it sit for 3-4 more minutes. Enjoy!

**Notes:** Store this in meal-size portions for easy grab-and-go for road trips or camping.

## Nutritional Value Per 2 divider portions or about 1 $\frac{1}{2}$ cups

Calories 457 Carbohydrates 53 g Protein 28 g Fat 15 g Sugar 8 g Fiber 7 g



# Chili-Award Winning

*This recipe makes about 10 cups*



## Ingredients

1 bell pepper, chopped  
1 large onion, chopped  
1.5 lbs ground beef  
2 cups broth of choice  
1-15 oz can of kidney beans  
1-15 oz can pinto beans  
1-15 oz can black beans  
1- 15 oz can diced fire-roasted tomatoes  
1-6 oz can tomato paste  
1 jalapeno, diced (optional)  
1 tbsp dried oregano  
2 tsp cumin  
1 tsp smoked paprika  
2 tbsp chili powder  
1 tbsp minced garlic  
1 tbsp Worcestershire  
2 tsp salt  
1 tsp pepper

## Directions:

1. In a frying pan or Instant Pot, sauté the chopped onion and bell pepper. (If using an Instant Pot, select the "Sauté" function)
2. In a separate pan, cook the ground beef until browned. Drain and rinse off excess grease, then pat dry with a paper towel to remove as much fat as possible
3. If using a slow cooker, transfer the sautéed onions and peppers to the crock pot. Add the cooked ground beef, broth, fire-roasted tomatoes, jalapeno (if using), and tomato paste
4. Drain and rinse all beans thoroughly, then add them to the pot
5. Add oregano, cumin, smoked paprika, chili powder, minced garlic, Worcestershire sauce, salt, and pepper and stir well to combine
6. **Instant Pot:** Secure the lid and select the "Bean" or "Chili" setting. Cook for 20 minutes
7. **Slow Cooker:** Cover and cook on low for 3-4 hours
8. Stir and adjust seasoning if needed.
9. Add parchment paper to your trays
10. Pour chili onto trays
11. Add dividers if using. We like the 10-portion setting for this recipe
12. Pre Freeze when possible
13. Freeze dry (my cycle time was 36 hours)
14. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 divider portions or about 1 ½ cups of freeze-dried chili to a bowl with 1 cup of hot water. Cover and let it sit for 3-4 minutes. Stir and enjoy

## Notes:

Replace the ground beef with crumbled tofu for a vegan version. See our vegan chili recipe.

## Nutritional Value Per 1 cup pre-freeze-dried

Calories: 239 Protein: 19 g Fat: 8 g Carbohydrates: 26 g Sugar: 4 g Fiber: 6 g



# Egg Salad

*This recipe makes about 4 cups*



## Ingredients

8 eggs  
½ **cup** plain greek yogurt  
⅓ **cup** dijon mustard  
½ **cup** diced celery  
½ **cup** diced onions  
¾ **cups** peas  
½ **tsp** garlic powder  
⅛ **tsp** cayenne pepper  
1 **tsp** turmeric

Optional 1-2 pickle spears diced

## Directions:

1. Place the eggs in a pot of boiling water and cook for about 9 minutes
2. Once cooked, drain the hot water and transfer the eggs into a bowl of cold water to cool
3. When the eggs are cool enough to handle, peel and dice them into small pieces
4. In a large mixing bowl, combine the Greek yogurt, Dijon mustard, diced celery, diced onions, peas, garlic powder, cayenne pepper, and turmeric
5. Stir in the diced eggs and mix until all ingredients are evenly combined
6. If using, add the diced pickle spears
7. Add parchment to your trays
8. Spoon the egg salad onto trays
9. Freeze dry (my cycle time was 60 hours)
10. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add ¾ cups freeze-dried egg salad to a bowl along with ⅓ cup of cold water. Let sit for about 5 minutes., stir and enjoy

**Notes:** See our no egg “egg salad” recipe for a vegan version

## Nutritional Value Per ¾ cup serving

Calories: 79 Protein: 7 g Fat: 4 g Carbohydrates: 4 g Sugar: 2 g Fiber: 1 g

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# Fish-Smoked & Deep Fried

*This recipe makes about 10 servings*



## Ingredients

**5 lbs** tilapia fillets (or fish of choice)

## Ingredients for smoked fish

**Brine:** 4 cups water

**¼ cup** sea salt

**⅔ cup** brown sugar

## Topping

**⅓ cup** honey (warmed in microwave)

**2 tbsp** pepper

**2 tbsp** granulated garlic

## Ingredients for fried fish:

Oil for frying

**3-4 cups** of milk for rehydration

## Batter:

**1 ½ cup** flour

**2 tablespoons** cornstarch

**½ teaspoon** baking soda

**½ teaspoon** baking powder

**½ teaspoon** salt

**1 ½ cups** water

## Directions:

1. Add parchment paper to your trays
2. Place the fish in a single layer on the trays
3. Pre Freeze when possible
4. Freeze dry (my cycle time was 24 hours)
5. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydrating and smoking:

1. Mix all the brine ingredients together in a large bowl. Add you freeze dried fish fillets. Cover and place in the refrigerator for at least an hour (or overnight if time allows)
2. Put your smoker on the “smoke” setting
3. Remove fish from brine and pat dry, removing moisture
4. Warm the honey in the microwave to soften and brush lightly onto each filet
5. Sprinkle pepper and garlic on the fillets
6. Smoke for 20 minutes then turn the heat up to 225 and smoke for an additional 40 minutes
7. Remove the fillets from the smoker and enjoy

## Rehydrating and frying:

1. Add milk to a large bowl and submerge the freeze-dried fish in the milk. Cover and refrigerate overnight.
2. Mix the batter ingredients together. Pat the fish dry, coat the fish with the batter.
3. Fry for about 4 minutes, flipping halfway through. Enjoy.

## Nutritional Value Per 6 oz battered and fried fillet

Calories 338 Carbohydrates 11 g Protein 28 g Fat 19 g Sugar 0 g Fiber 0 g

## Nutritional Value Per 6 oz smoked fillet

Calories 230 Carbohydrates 5 g Protein 28 g Fat 5 g Sugar 7 g Fiber 0 g

# Gyro Meat-Chicken

*This recipe makes about 6 cups*



## Ingredients

**4 lbs** chicken breast

### for the marinade:

**4 tbsp** veggie broth

**4 tbsp** lemon juice

**4 tsp** smoked paprika

**4 tsp** cumin

**4** cloves garlic

**2 tsp** turmeric

**2 tsp** ground coriander

**2 tsp** salt

**1/2 tsp** pepper

**1/2 tsp** onion powder

**1/2 tsp** cinnamon

**1/4 tsp** red pepper

## Directions:

1. Remove any visible fat from the chicken and cut it into small cubes.
2. Combine all the marinade ingredients in a bowl.
3. Add the chicken to the marinade, ensuring it's well coated. Refrigerate for 4-6 hours. For deeper flavor infusion, use a vacuum chamber sealer (If using a vacuum sealer, add 1/4 to 1/2 cup of water and mix.)
4. Cook the marinated chicken in a splash of vegetable broth until fully cooked.
5. Add parchment paper to your trays
6. Spread the chicken evenly on your trays
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 30 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 cups of freeze-dried chicken to a bowl with ¾ cup of warm water. Cover and let it sit for about 5-10 minutes. This is about 4 servings. Enjoy

## Notes:

See our Tzatziki recipe. You can freeze dry pitas and rehydrate them with a wet paper towel in a ziplock bag or cut them in triangles and use them as chips to scoop your chicken gyro meat.

For a camping meal add freeze-dried chicken, freeze-dried tomatoes, freeze-dried onions and some freeze-dried tzatziki sauce to a bag. Rehydrate in the mylar bag and add to a pita or eat right out of the bag.

## Nutritional Value Per ½ cup pre-freeze-dried gyro chicken

Calories: 181 Carbohydrates 2 g Protein 34 g Fat 4 g Sugar 0 g Fiber 0 g

# Ham and Beans

*This recipe makes about 14 cups*



## Ingredients

**1 lb** of cooked ham  
**2** cloves of garlic  
**1** yellow onion  
**2 lbs** of large lima beans, uncooked  
**10 cups** of water or broth  
Salt and pepper

Optional: ham bone

## Directions:

1. If you use a ham bone, boil it for about 1 hour in 10 cups of water. Remove from the pot and pick off any meat left on the bone (you do not have to use a ham bone; you can just use diced ham). Save the broth
2. Dice yellow onion, mince two garlic cloves, and dice your ham. Trim excess fat from the ham, using only the leanest portions.
3. Add all ingredients to the stockpot with your leftover ham broth (OR add about 10 cups of water or broth to a large pot) and cook on low for 3 to 5 hours, checking the beans' consistency every hour. Add small amounts of water as needed to ensure the beans cook thoroughly.
4. Add parchment paper to your trays
5. Pour ham and beans onto trays
6. Place dividers (if you choose). We like to use 10 portions per tray
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 45 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 divider portions or about 1 ½ cups of freeze-dried ham and beans to a bowl with about 1 cup of boiling water. Stir and cover. Let it sit for about 5 minutes. Stir and adjust consistency as needed. Enjoy

## Notes:

This would be a great camping or road trip meal. Rehydrate in a mylar bag.

## Nutritional Value Per 1 ½ cup serving

Calories: 441 Protein: 31 g Fat: 8 g Carbohydrates: 58 g Sugar: 4 g Fiber: 9 g



# Hamburgers-Raw & Pre-Cooked

*This recipe makes 10-1 1/3 lb raw burgers or as many pre-cooked burgers as you choose*



## Ingredients

### For the raw burgers:

**3 lbs** lean ground beef

### For the cooked burgers:

As many pre-made pre-cooked burgers as you like

### For both recipes (optional)

freeze-dried shredded cheese

freeze-dried avocado powder

pickle juice for rehydrating

beer for rehydrating

beef broth for rehydrating

## Directions:

### Raw Burgers:

1. Add parchment paper to your trays
2. Press the ground beef onto the trays in an even layer
3. Place dividers (if you choose). We like to use 10 portions per tray-this makes about 10-1 1/3 lb burgers
4. Pre-Freeze when possible

### Pre Cooked Burgers: (see notes below)

1. Add parchment paper to your trays
2. Place the pre-cooked burgers in a single layer.
3. Pre-Freeze when possible

Freeze dry (my cycle time was 30 hours). Store in mylar bags for long-term storage. Be sure to label raw burgers.

## Rehydration:

**Burgers:** Both raw and cooked can be rehydrated the same. Add burger(s) to a shallow dish or pan. Cover in beer, broth, pickle juice, or any combination of the 3. Allow to sit for about 20 minutes for raw burgers and about 30 minutes for cooked burgers. After rehydrating, cook the raw burgers to the desired doneness (150-155 is med well). For the pre-cooked burgers, grill or fry them to reheat. Add toppings as desired.

**Cheese:** rehydrate shredded cheese in a bowl using a can of beer. This process is slow and will likely take hours. Add to the top of your burger while cooking and allow to melt.

**Avocado powder:** Add 1/4 cup of avocado powder and 2 tbsp of water to a bowl. Top burger with avocado,

**Notes:** Before freeze drying, slightly undercook the pre-cooked burger to medium-rare (145 internal temp) to allow more cooking after rehydrating. When cooking the burgers, remove as much fat as possible. Use a paper towel to "blot" them after they are cooked. Use lemon water when rehydrating the avocado to avoid browning.

## Nutritional Value Per 1- 1/3 lb 90% lean burger with 1/4 avocado & 1/4 cup of shredded cheddar cheese

Calories: 442 Protein: 30 g Fat: 33 g Carbohydrates: 6 g Sugar: 0 g Fiber: 3 g



# Jambalaya

*This recipe makes about 35 cups*



## Ingredients

**3 lbs** shrimp uncooked  
**6** chicken breasts uncooked  
**4½ cups** brown rice, uncooked  
**9** bell peppers  
**6** stalks of celery  
**3** onions  
**12** cloves garlic  
**9 cups** vegetable or chicken broth  
**3-15oz** cans of diced tomatoes  
**3** bay leaves  
**6 tbsp** cajun spice

add cayenne pepper and salt and pepper to taste

## Directions:

You will need a large stockpot for this recipe. You could reduce the quantities for a more manageable batch

1. Dice the onions, peppers, and celery and mince the garlic cloves
2. Cut the chicken breasts into small cubes and the shrimp into bite size pieces
3. Heat a large stock pot over medium heat and add just enough broth to cover the bottom.
4. Sauté the onions, garlic, celery, and bell peppers until they begin to soften and brown.
5. Add the diced chicken breasts and cook until no longer pink.
6. Pour in the remaining broth, followed by the diced tomatoes, brown rice, bay leaves, and Cajun spice.
7. Increase the heat to bring the mixture to a boil, stirring regularly to prevent sticking.
8. Reduce to a simmer and continue cooking until the rice is fully tender.
9. Add the shrimp, stirring gently, until they are fully cooked.
10. Season to taste with cayenne pepper, salt, and black pepper
11. Add parchment paper to your trays
12. Scoop the squash out of the skins and spread evenly onto your trays
13. Add dividers if using. We like the 10-portion setting
14. Pre Freeze when possible
15. Freeze dry (my cycle time was 46 hours)
16. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 divider portions or about 1 ¾ cups of freeze-dried jambalaya to a bowl and about ¾ cup of boiling water. Cover for 5 minutes. Stir and enjoy.

## Notes:

Using a food processor to chop the vegetables in a great time saver. Store this in meal-size portions for easy grab-and-go for road trips or camping

## Nutritional Value Per 2 divider portions or about 1 ¾ cups pre freeze-dried

Calories 340 Carbohydrates 48 g Protein 28 g Fat 4 g Fiber 4 g Sugar 4 g

# Mac n Cheese-Homemade

*This recipe makes 16 cups of mac n cheese*



## Ingredients

**4 cups** small elbow macaroni, uncooked  
**2/3 cup** milk  
**24 oz** Velveeta cheese

## Directions:

1. Boil the noodles according to the package instructions until tender
2. Drain and rinse with warm water, then return them to the pot
3. Cut the Velveeta into small squares for easy melting
4. Add the milk and Velveeta to the cooked noodles
5. Heat the mixture over low heat, stirring until the cheese melts and evenly coats the noodles
6. Add salt, pepper, garlic powder, or onion powder if desired
7. Continue stirring until the sauce is smooth and creamy
8. Add parchment paper to your trays
9. Place dividers in the 10-portion setting
10. Pre-freeze when possible
11. Freeze Dry (my cycle was 27 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 of your ten divider portions or about 1 ½ cups of the freeze-dried mac n cheese to a bowl, jar, or mylar bag. Add about ⅓ cups of hot water. Cover and let it sit for 5 minutes. Stir and let it sit for 3-4 more minutes. Stir and enjoy

## Notes:

This is a great road trip or camping meal. Rehydrates well in a mylar bag. Add a single portion size to each mylar bag for easy rehydration for single servings.

## Nutritional Value Per 1 serving (about 1 ½ cups)

Calories: 183 Carbohydrates: 28 g Protein: 8 g Fat: 6 g Sugar: 3 g Fiber: 1 g

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# Pad Thai-Shrimp

*This recipe makes about 7 cups*



## Ingredients

**8 oz.** flat rice noodles  
**1 ½ tsp** garlic  
**8 oz.** shrimp cut into small pieces  
**1** bell pepper sliced thin  
**2** eggs-scrambled  
**3** green onions  
**½ cup** fresh cilantro  
**2** limes  
**for the sauce:**  
**3 tbsp** fish sauce  
**2 tbsp** soy sauce or liquid aminos  
**2 tbsp** rice vinegar  
**1 tbsp** sriracha  
**¼ cup** brown sugar  
**2 tbsp** pb2  
**1 tbsp** water  
Bean sprouts (optional)

## Directions:

1. Dice the onions, bell peppers, and cilantro. Quarter the lime and cut each quarter into 3 thin slices
2. Cut the shrimp into bite-size pieces
3. Cook the rice noodles according to package instructions, then rinse and set aside.
4. In a saucepan, sauté garlic in a small amount of vegetable broth over medium heat.
5. Add shrimp and bell pepper, cooking for a few minutes until shrimp is opaque and peppers are tender.
6. Push the shrimp and peppers to one side of the pan and add the scrambled eggs, allow them to cook.
7. Prepare the sauce by whisking together fish sauce, soy sauce (or liquid aminos), rice vinegar, sriracha, brown sugar, PB2, and water in a bowl until smooth.
8. Combine the cooked noodles with the shrimp mixture, then gradually pour in the sauce, stirring thoroughly to coat everything evenly.
9. Stir in green onions, cilantro, and bean sprouts (if using), mixing well.
10. Add parchment paper to your trays and spread the pad thai evenly onto your trays.
11. Add dividers if using. 4 portions work well. Add lime slices on top of each serving (I did 4 slices each).
12. Pre Freeze when possible
13. Freeze dry (my cycle time was 26 hours)
14. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 1 divider portion or about 1 ¾ cups of freeze-dried pad thai to a bowl with ¾ cup of hot water. Cover for about 5 minutes, stir, and cover again for 4-5 more minutes. Add the lime slices to a bowl of water and allow them to sit until the pad thai is ready to eat. Squeeze lime juice on top. Enjoy

**Notes:** You can substitute the shrimp for chicken or tofu. Great camping meal

## Nutritional Value Per 1 divider portion or about 1 ¾ cups

Calories 450 Carbohydrates 62 g Protein 30 g Fat 10 g Sugar 12 g Fiber 2 g

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# Spaghetti and Meatballs

*This recipe makes about 24 cups or 30 small portions*



## Ingredients

2- 16 oz packages of spaghetti noodles  
4 - 24 oz jars of spaghetti sauce  
60 small to medium pre-cooked meatballs (we used Costco meatballs, but you can make your own)

For homemade spaghetti sauce, see our recipes for Crockpot Spaghetti Sauce Or Homemade Spaghetti Sauce

## Directions:

1. Cook the spaghetti noodles. Drain and rinse
2. Cut the meatballs into halves or fourths. Smaller size rehydrates better
3. Add parchment to your trays
4. Layer the spaghetti noodles on the trays.
5. Pour sauce over noodles. We used 1 jar per tray, for a bit more sauce. 1 ½ jars per tray would be perfect.
6. Place dividers (if you choose). We like to use 10 portions per tray
7. Add pre-cooked, cut-up meatballs on the top of each portion. 2 meatballs per portion
8. Pre freeze
9. Freeze dry (my cycle time was 33 hours)
10. Store in mylar bags for long-term storage

## Rehydration:

Add one divider portion or about 1/10 of a tray to a bowl and pour ½ cup of hot or boiling water over the spaghetti and meatballs. Cover and let sit for about 4 minutes. Stir and enjoy

## Notes:

Be sure to cut your meatballs into small pieces, or they will be difficult to rehydrate. You can also place portions in mylar bags and rehydrate in the bag. Just be sure to close the bag up to allow time to rehydrate.

## Nutritional Value Per 1 divider portion

Calories: 283 Protein: 13 g Fat: 11 g Carbohydrates: 34 g Sugar: 7 g Fiber: 3 g



# Homemade Spaghetti Sauce-Crockpot

*This recipe makes about 12 cups of sauce*



## Ingredients

**10 cups** of tomatoes, roughly chopped  
**2 tbsp** basil, fresh (or 1 tsp dried)  
**1 tbsp** oregano, fresh (or 1 tsp dried)  
**1 tbsp** parsley, fresh (or 1 tsp dried)  
**6** cloves garlic roughly chopped  
**1 cup** onion chopped  
**6 oz** canned tomato paste  
**½ tsp** baking soda  
salt and pepper to taste

## Directions:

1. Rinse the tomatoes thoroughly and core them.
2. Bring a large pot of water to a boil and carefully drop the tomatoes in. Boil for 1 minute.
3. Remove the tomatoes with a slotted spoon and place them in a bowl of ice water to cool.
4. Once cooled, peel off the skins easily
5. Slice the tomatoes in half (or quarters if they are large)
6. Use your thumb to gently push out the seeds
7. Add the prepared tomatoes and all other ingredients except baking soda to your slow cooker
8. Cook on low for 10 hours or high for 7 hours, stirring occasionally. The sauce should reduce by half
9. For a smoother sauce, use an immersion blender to pulse a few times
10. If you prefer a thicker sauce, stir in the canned tomato paste at this stage
11. Add the baking soda (it will cause the sauce to foam slightly)
12. Season with salt, pepper, and additional herbs to taste
13. Add parchment paper to your trays
14. Spread the sauce evenly onto your trays
15. Pre Freeze when possible
16. Freeze dry (my cycle time was 30 hours)
17. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Pour ¾ cup of boiling water over 2 cups of freeze-dried sauce. Stir. If needed, add more hot water gradually to reach your desired consistency.

**Notes:** You could add ground beef or meat of your choice before you freeze dry. Or add pre freeze dried meat while rehydrating

## Nutritional Value Per 1 ½ cups of sauce before freeze drying

Calories: 38 Protein: 2 g Fat: 0 g Carbohydrates: 9 g Sugar: 5 g Fiber: 2 g



# Tuna Salad Sandwich

*This recipe makes about 3 cups*



## Ingredients

**1 - 12 oz** can of tuna in water  
**2** whole dill pickles  
**1** stalk of celery  
**½** red onion  
**1 tsp** Dijon mustard  
**1 tsp** lemon juice  
**¾ cup** plain yogurt (not Greek)  
**¼ tsp** of smoked paprika  
**¼ tsp** of sumac (optional)

Bread or pita bread (optional)

## Directions:

1. Drain the can of tuna
2. Dice the pickle, onion, and celery
3. Add all ingredients to a bowl and mix well (see notes for an alternative method)
4. Add parchment paper to your trays and spread the tuna salad evenly onto your trays
5. Add dividers if using. We like the 20-portion setting
6. If you want to freeze dry bread or pita bread add those to your trays. Pita bread can be cut into triangles.
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 60 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 of your 20 divider portions or about 1 cup of the freeze-dried tuna salad to a bowl. Add about ½ cup of cold water and stir. Cover and let it sit for 5 minutes. Enjoy

To rehydrate the bread, add slices of bread to a ziplock bag with a damp paper towel. We let ours sit in the refrigerator overnight.

For the pita chips, you can use them freeze-dried as chips to scoop and eat your tuna salad

## Notes:

An alternative way to prepare this is to add all the ingredients except for the Greek yogurt before you freeze dry, and while rehydrating, add 2 tbsp of mayo and 2 tbsp of water.

Store this in meal-size portions for easy grab-and-go for road trips or camping.

## Nutritional Value Per 1 cup of tuna salad with yogurt and without bread or pitas

Calories 131 Carbohydrates 6 g Protein 20 g Fat 2 g Sugar 4 g Fiber 1 g

# Venison Steak

*This Recipe made four 6 oz venison Steaks, with enough brine to do a few more steaks*



## Ingredients

**1.5 lb** venison steak or loin

## Brine Ingredients

**½ gal** water

**½ cup** soy sauce

**¼ cup** brown sugar

**2 tbsp** kosher salt (optional)

## Rub Ingredients

**1 tbsp** pepper

**1 tbsp** paprika

**1 tbsp** garlic powder

**½ tbsp** onion powder

## Directions:

1. Trim the meat into 5-6 oz portions to help cook and freeze dry. Fat does not freeze dry well and can turn rancid over time. Trim as much fat as possible.
2. Freeze the meat solid prior to freeze drying. This is important for raw meat to reduce potential bacterial activity.
3. Freeze dry (my cycle time was 54 hours). Break a piece open and ensure there are no cold spots.
4. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

1. Mix the brine ingredients thoroughly in a large container. Submerge the meat completely in the brine, ensuring full coverage. Cover the container and refrigerate overnight.
2. Prepare the dry rub and store it in an airtight container until ready to use.
3. Remove the meat from the brine and place it in a colander, allowing excess liquid to drain for a few minutes. Pat dry with paper towels. Apply the seasoning rub.
4. Lightly coat all sides of the meat with olive oil. Generously apply the rub, covering all sides.
5. Preheat your smoker to 200°F. Place the meat in the smoker and cook slowly until it reaches an internal temperature of 140°F.
6. Remove the meat from the smoker, cover it loosely with foil, and let it rest for 10 minutes before slicing and serving.

## Notes:

Remember that this is RAW meat. Once rehydrated, treat the meat like fresh raw meat and refrigerate or cook immediately.

When cooking, always use a food thermometer to ensure the meat reaches a safe internal temperature rather than relying on its color. Freeze drying can alter the internal appearance of the meat, making it an unreliable indicator of doneness compared to cooking fresh meat.

## Nutritional Value Per 6 oz

Calories: 200 Protein: 42 g Fat: 4 g Carbohydrates: 0 g Sugar: 0 g Fiber: 0 g

- Cauliflower & Quinoa Fried Rice
- Coleslaw
- Cranberry Apple Orange Relish
- Cucumber Salad
- Easy Cheesy Scalloped Potatoes
- Frog Eye Salad
- Mashed Potatoes
- Refried Beans
- White, Brown and Wild Rice



# Side Dishes

# Cauliflower & Quinoa Fried Rice

*This recipe makes about 12 cups of fried rice*



## Ingredients

1 medium head of cauliflower  
2 medium zucchini  
2 sweet bell peppers  
1 medium- sweet onion  
1 **cup** of uncooked quinoa  
2 **cups** of chicken or vegetable broth  
  
salt and pepper

## Directions:

1. Place the quinoa in a fine-mesh strainer and rinse under cold running water for about 30 seconds
2. In a medium saucepan, bring 2 cups of broth to a boil. Stir in 1 cup of quinoa
3. Reduce heat to low, cover the pot, and let it simmer for 15 minutes until the quinoa absorbs all the liquid.
4. While the quinoa cooks, prepare the cauliflower and use a food processor to rice it
5. Dice the zucchini, bell peppers, and onion
6. In a stock pot, use a little bit of chicken or vegetable broth to saute zucchini, bell peppers, onions
7. Once vegetables are sauteed, add the riced cauliflower and cook until just heated through
8. Add the cooked quinoa and mix well. Add salt and pepper to taste
9. Add parchment paper to your trays
10. Spread your fried rice mixture evenly onto the trays
11. Freeze dry (my cycle time was 22 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 cups of freeze-dried fried rice to a bowl, jar, or mylar bag, and add about 1 ½ cups of boiling water. Let sit for at least 10 minutes, stirring several times. Enjoy

## Notes:

This is a great camping recipe. Store in 1 serving portions. Rehydrate in mylar bag. No dishes needed

## Nutritional Value Per 1 cup of cauliflower quinoa fried rice

Calories: 167 Protein: 8 g Fat: 3 g Carbohydrates: 32 g Sugars: 7g Fiber: 6 g



# Coleslaw

*This recipe makes about 7 cups*



## Ingredients

**3/4 cup** plain nonfat greek yogurt

**3 ½ tbsp** apple cider vinegar

**3 tbsp** sugar

**1 tsp** salt

**1-16 oz** bag of coleslaw mix

## Directions:

1. In a mixing bowl, whisk together Greek yogurt, apple cider vinegar, sugar, salt, and pepper until smooth.
2. Add the coleslaw mix and toss until everything is well coated
3. Add parchment to your trays
4. Spoon the coleslaw onto trays
5. Freeze dry (my cycle time was 32 hours)
6. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add ½ cup freeze-dried coleslaw to a bowl along with ¼ cup of cold water. Let it sit for a few minutes. Stir and enjoy.

## Notes:

Make our lentil sloppy joe recipe to go with this coleslaw

## Nutritional Value Per ¾ cup serving

Calories: 40 Protein: 2 g Fat: 0 g Carbohydrates: 7 g Sugar: 6 g Fiber: 1 g



# Cranberry Apple Orange Relish

*This recipe makes about 5 cups*



## Ingredients

**1 - 12 oz** bag cranberries  
**1** med- large orange  
**1** med-large apple  
**¼ cup** sugar (you can add more if you want this to be sweeter)  
**1 tsp** cinnamon

## Directions:

1. Wash all the fruit thoroughly. I like to add a small drop of dish soap to a sink filled with cold water to help remove any residue. Rinse well.
2. Sort through the cranberries, discarding any that are mushy or damaged.
3. To remove wax from the apple and orange, pour boiling water over them, then wipe them down with a paper towel.
4. Quarter and core the apple.
5. Trim the ends off the orange, quarter it, and remove any seeds. Leave the rind intact for extra flavor.
6. Place all ingredients into a food processor and pulse until you reach a uniform, chunky consistency.
7. Add parchment paper to your tray
8. Spread the mixture onto your tray
9. Pre-freeze when possible
10. Freeze dry (my cycle time was 36 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Slowly add cold water to the freeze-dried mixture, stirring gently to distribute the moisture evenly. Let it sit for a few minutes to absorb the water. Repeat this process—adding a little water at a time, stirring, and letting it rest—until everything is fully rehydrated but there's no excess water pooling at the bottom.

Be careful not to over hydrate, as this can cause the mixture to become mushy. Add water gradually for the best texture!

## Notes:

This is also a tasty snack without rehydrating. But it may be worth adding another tablespoon of sugar.

## Nutritional Value Per ½ cup

Calories: 70 Protein: 0 g Fat: 0 g Carbohydrates: 18 g Sugar: 12 g Fiber: 3 g

# Cucumber Salad

*This recipe makes about 24 cups*



## Ingredients

**16** cucumbers  
**2-3** onions diced  
**3 cups** vinegar (white or apple cider )  
**1 ½ cups** water  
**1 ½ cups** sugar  
**3 tsp** salt

## Directions:

1. Slice cucumbers in thin slices (I used a food processor slicer)
2. Slice and separate or dice the onions (your preference for texture)
3. Add cucumbers and onions to a large bowl and mix. Set aside
4. Mix the vinegar, water, sugar and salt together and add to the cucumber and onion mixture
5. Try to submerge all of the cucumbers and onions in the liquid mixture
6. Refrigerate for at least 20 minutes. (Can refrigerate overnight for more flavor)
7. Line trays with silicone
8. Strain the majority of the liquid from the salad
9. Add to the trays
10. Pre-freeze
11. Freeze dry (my cycle time was 32 hours)

## Rehydration:

Eat freeze dried as a snack, or rehydrate. To rehydrate, add ½ cup of salad to a bowl and add ¼ cup of water in small increments. Let sit for a few minutes and add more water as needed to reach desired consistency.

## Nutritional Value Per 1 cup

Calories: 83 Protein: 1 g Fat: 0.5 g Carbohydrates: 18 g Sugar: 15 g Fiber: 1 g

# Easy Cheesy Scalloped Potatoes

*This recipe makes about 8 cups*



## Ingredients

**6** yellow potatoes, large  
**1 cup** heavy whipping cream divided into  $\frac{1}{4}$  cups  
**1 cup** parmesan cheese divided into  $\frac{1}{4}$  cups  
**4 cloves** of garlic diced  
 $\frac{1}{2}$  **tsp** salt divided into  $\frac{1}{8}$  teaspoons

## Directions:

1. Preheat the oven to 400°F.
2. Lightly grease a 9x13-inch casserole dish with oil or cooking spray. (Use sparingly to prevent excess fats in the freeze dryer.)
3. Layer the potatoes: Spread  $\frac{1}{4}$  of the sliced potatoes evenly on the bottom of the dish.
4. Add cream: Drizzle  $\frac{1}{4}$  cup of heavy whipping cream over the potatoes.
5. Season: Sprinkle with 1 clove of diced garlic,  $\frac{1}{4}$  cup of parmesan cheese, and  $\frac{1}{8}$  teaspoon of salt.
6. Repeat steps 3-5 three more times to create additional layers.
7. Bake for about 1 hour, or until the potatoes are tender and fully cooked.
8. Prepare freeze dryer trays: Line with silicone or parchment paper.
9. Spread the scalloped potatoes evenly on the tray.
10. Pre-freeze until solid.
11. Freeze dry (my cycle time was 25 hours.)

## Rehydration:

Soak in a little hot water to rehydrate.

Cook on the stove in a pan until heated through and excess water evaporates.

Air fry to restore crispness. (This enhances texture while maintaining flavor.)

## Notes:

You can skip the air fryer step if you aren't particular about returning the crispiness.

## Nutritional Value Per $\frac{1}{2}$ cup

Calories: 135 Protein: 4 g Fat: 8 g Carbohydrates: 15 g Sugar: 13 g Fiber: 2 g

# Frog Eye Salad

*This recipe makes about 10 cups*



## Ingredients

**1 - 20 oz** can of pineapple tidbits in juice, reserve the juice  
**1 - 15 oz** can of mandarin oranges drained and rinsed  
**1- 1lb box** of Acini De Pepe pasta  
**1 Egg**  
**½ cup** sugar  
**1 tbs** flour  
**1/4 tsp** salt  
**1 - 8 oz** small tub of whipped topping  
**1 cup** mini marshmallows

## Directions:

1. Cook the pasta according to the directions on the box
2. While cooking the pasta, cook the custard dressing:
  - a. In a heavy saucepan, beat the egg until foamy
  - b. Stir in sugar, flour and salt
  - c. Stir in reserved pineapple juice
  - d. Cook and stir over medium heat until thick and bubbly
3. Rinse the pasta, and then combine pasta and custard dressing in a large bowl.
4. Chill for 1 hour
5. Add the Whipped Topping, fruit, and marshmallows (you can substitute a can of fruit cocktail for the mandarin oranges) and stir until combined.
6. Line your trays with silicone mats.
7. Spread the frog eye salad onto your trays.
8. Place dividers (if you choose). We like to use 15 portions per tray
9. Pre-freeze when possible
10. Freeze dry (my cycle time was 30 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Using cold water, add water at about half the volume of frog eye salad to start. Stir and let sit for 5 minutes. Repeat as necessary. Cold water will take about 1 hour for full rehydration, this will turn out the creamiest. If you want to hurry it along, use boiling water. Stir, cover, let sit for 5 minutes and proceed as above.

## Notes:

After rehydrating, feel free to add in a bit more whipped topping to restore the creaminess.

## Nutritional Value Per 1 cup

Calories: 325 Protein: 7 g Fat: 4 g Carbohydrates: 65 g Sugar: 27 g Fiber: 2 g

# Mashed Potatoes

*10 medium potatoes makes about 6-7 cups*



## Ingredients

**10** medium potatoes

**¼ cup** milk

**Seasonings:** italian seasoning, oregano, garlic salt, minced garlic (optional)

## Directions:

1. Wash the potatoes and cut into 2-3" chunks.
2. Boil potatoes until they are tender all the way through.
3. In a mixing bowl, beat the potatoes with a mixer until smooth.
4. Add the milk and combine well.
5. Add any seasonings you like and mix thoroughly. Or, I like to add a clove of minced garlic.
6. Line your trays with silicone mats. Silicone works better than parchment in this case.
7. Pre-freeze when possible
8. Freeze dry (my cycle time was 25 hours)
9. To make a portion of these into instant mashed potatoes (like the store-bought flakes), simply blend them in a food processor or blender until they reach a fine, powdery consistency.
10. Store in mylar bags for long-term storage

## Rehydration:

Add boiling water to the mashed potatoes at a 1:1 ratio. Add 1 tablespoon of butter per cup of potatoes. Let sit for 2-3 minutes, stirring several times. You can thin or thicken the mashed potatoes to your taste by controlling the water you add.

For instant mashed potato powder rehydration, microwave (or boil) 1 cup HOT water + ¼ Cup milk + 1 tbsp butter. Add ½ cup potato powder to the flakes and whip, let sit for 3-5 minutes

## Notes:

It is up to you if you wish to peel the potatoes first. The skins will freeze dry fine if you leave them on. To ensure long term storage, do not add butter to the recipe prior to freeze drying or you may shorten the shelf life.

## Nutritional Value Per 1 cup potatoes

Calories: 175 Protein: 4 g Fat: 0 g Carbohydrates: 40 g Sugar: 2 g Fiber: 3 g



# Refried Beans

*One recipe makes a little more than 6 cups of Refried Beans*



## Ingredients

**2lb** bag of pinto beans  
**1 tsp** (2 cloves) garlic  
**½** onion diced  
**3 cups** water  
**2 tbsp** red wine vinegar  
**1 tsp** sea salt  
**1 tsp** cumin  
**1 tsp** chili powder

## Directions:

1. In a large bowl, soak pinto beans in water for at least 8 hours (overnight is best). Ensure the water level is 4-5 inches above the beans to allow for expansion.
2. Drain and rinse the soaked beans.
3. Transfer the beans to the Instant Pot or pressure cooker.
4. Add garlic, onion, and 3 cups of water.
5. Cook on High Pressure for 30 minutes, then allow a natural pressure release.
6. While still in the pressure cooker pot, add the seasonings and use an immersion blender or food processor to blend until smooth. Add water to thin if necessary to reach your preferred consistency.
7. Line a freeze-dryer tray with pre-cut parchment paper.
8. Spread the blended beans evenly across the tray.
9. (Optional) Use dividers to pre-portion for easy meal prep.
10. Cover with a lid and freeze until solid.
11. Freeze dry (my cycle time was 39 hours)
12. Once fully dried, process into powder using a food processor for easy storage.
13. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add hot water to the beans at a 1:1 ratio. Let sit for a couple minutes, stirring several times. It might require a bit more water to reach your desired consistency, but start conservatively. If you want to make a bean dip (for chips, etc) the water ratio will be closer to 1:1 ½ beans:water to make it thinner.

## Notes:

When you rehydrate, feel free to throw in extra seasonings such as cumin, garlic powder, or smoked paprika for a twist on the original. Also, you can rehydrate with broth to make it more savory.

## Nutritional Value Per ½ cup

Calories: 140 Protein: 7 g Fat: 4 g Carbohydrates: 22 g Sugar: 1 g Fiber: 6 g

# White, Brown & Wild Rice

*1 cup of uncooked rice makes about 3 cups of cooked rice*



## Ingredients

white rice  
or  
brown rice  
or  
wild rice  
  
water

## Directions:

1. Rinse your rice
2. Add rice and water to the instant pot. 1:1 ratio for brown and white rice and 2 parts water 1 part rice for wild rice. If you are using the stove top, cook according to the directions on the package.
3. White Rice: Cook on high pressure in the Instant Pot for 4 minutes. (if using the stove top, cook according to directions on package) Do a quick release on the instant pot
4. Brown Rice: Cook on high pressure in the Instant Pot for 22 minutes. (if using the stove top, cook according to the directions on the package). Do a quick release on the instant pot
5. Wild Rice: Cook on high pressure in the Instant Pot for 30 minutes. (if using the stove top, cook according to the directions on the package). Do a quick release on the instant pot
6. Line your trays with parchment or silicone
7. Add rice to trays (3 cups uncooked equals approximately 1 medium tray after cooked)
8. Pre Freeze when possible
9. Freeze dry (my cycle time was 36 hours)
10. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

White Rice: 1 Cup FD Rice and 1 Cup water. Microwave for 3 minutes. Stir at each minute.

Brown Rice: 1 Cup FD Rice and 1 Cup water. Microwave for 4 minutes. Stir at each minute.

Wild Rice: 1 Cup FD Rice and 1 Cup water. Microwave for 4 minutes. Stir at each minute.

## Notes:

Why freeze dry rice? It takes significantly less time to make meal-ready than starting rice from a bag.

### Nutritional Value Per 1 cup White Rice

Calories: 205 Protein: 4 g Fat: 0.5 g Carbohydrates: 45 g Sugar: 0 g Fiber: 0.5 g

### Nutritional Value Per 1 cup Brown Rice

Calories: 218 Protein: 5 g Fat: 1.5 g Carbohydrates: 45 g Sugar: 0.5 g Fiber: 3.5 g

### Nutritional Value Per 1 cup Wild Rice

Calories: 285 Protein: 11 g Fat: 1 g Carbohydrates: 59 g Sugar: 2 g Fiber: 4 g

- Crouton Ice Cream Toppers
- Fruit Bars
- Infused French Bread Croutons
- No Bake Apple Cinnamon Date Granola Bars
- Parmesan Croutons
- Zucchini Crackers



# Snacks

# Crouton Ice Cream Toppers

*This recipe makes about 6 cups*



## Ingredients

**Approx. 7 slices** Hawaiian bread

**2 tsp** cinnamon (optional)

**½ tsp** nutmeg (optional)

## Directions:

1. Dice up slices of bread into small pieces. It's helpful to fill up the tray with bread pieces as you go just to know how much to prepare.
2. Add pieces of bread to pre cut parchment lined freeze dryer pan
3. You can spritz with water and sprinkle on cinnamon or nutmeg if desired
4. Pre-freezing is always beneficial, but with bread the freeze dryer does well on its own.
5. Freeze dry (my cycle time was 22 hours)
6. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Not intended for rehydration. These are meant to be eaten as a freeze dried snack or added to your bowl of ice cream.

## Notes:

Ice cream toppers can also be done with our french toast dippers recipe (French Toast Dippers). Just dice them up for a delicious ice cream topping

## Nutritional Value Per 1 slice worth of croutons

Calories: 110 Protein: 3 g Fat: 1.5 g Carbohydrates: 20 g Sugar: 3 g Fiber: 1 g



# Infused French Bread Croutons

*This recipe makes about 6 cups*



## Ingredients

**Approx. 10 slices** french bread  
**4 cups** broth (your choice)  
**1 tsp** salt (to taste)  
**1 tsp** garlic salt (to taste)  
**½ tsp** pepper (to taste)  
**½ tsp** oregano (to taste)  
**1 tsp** basil (to taste)

## Directions:

1. Dice up slices of bread into small pieces. It's helpful to fill up the tray with bread pieces as you go just to know how much to prepare. Fill the tray up with bread because they will shrink back down as we go.
2. Transfer the croutons back to a mixing bowl and cover the croutons with the broth.
3. Sprinkle on the seasonings you wish to include and toss to incorporate.
4. Add the croutons to a parchment lined freeze dryer tray.
5. Pre-freezing is always beneficial, but with bread the freeze dryer does well on its own.
6. Freeze dry (my cycle time was 22 hours)
7. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Not intended for rehydration. These are meant to be eaten as a freeze dried snack or added to a salad.

## Notes:

Feel free to adjust the seasonings to your taste. If you get everything mixed into the bread and want more flavor, just sprinkle it on as you toss your bread in a mixing bowl.

## Nutritional Value Per 1 slice worth of croutons

Calories: 178 Protein: 7 g Fat: 1.5 g Carbohydrates: 34 g Sugar: 1 g Fiber: 1 g



# Parmesan Croutons

*This recipe makes about 6 cups*



## Ingredients

**Approx. 8 slices** sourdough bread  
**½ cup** broth (your choice)  
**1 tsp** salt (to taste)  
**1 tsp** garlic salt (to taste)  
**½ tsp** pepper (to taste)  
**1 cup** grated parmesan cheese

## Directions:

1. Dice up slices of bread into small pieces. It's helpful to fill up the tray with bread pieces as you go just to know how much to prepare. Fill the tray up with bread because they will shrink back down as we go.
2. Transfer the croutons back to a mixing bowl and cover the croutons with the broth.
3. Sprinkle on the seasonings you wish to include and toss to incorporate.
4. Add coated bread to a hot frying pan and heat through.
5. Keep the pan moving while heating to avoid bread pieces from sticking together. (Some clumping is normal and they will break apart after freeze dried).
6. Add the parmesan cheese and heat until it is fully incorporated.
7. Add the croutons to a parchment lined freeze dryer tray.
8. Pre-freezing is always beneficial, but with bread the freeze dryer does well on its own.
9. Freeze dry (my cycle time was 22 hours)
10. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Not intended for rehydration. These are meant to be eaten as a freeze dried snack or added to a salad.

## Notes:

Feel free to adjust the seasonings to your taste. If you get everything mixed into the bread and want more flavor, just sprinkle it on as you toss your bread in a mixing bowl.

## Nutritional Value Per 1 slice worth of croutons

Calories: 228 Protein: 12 g Fat: 5 g Carbohydrates: 34 g Sugar: 1 g Fiber: 1 g

# Fruit Bars

*Each version makes 8 cups of puree for bars*



## Ingredients

bananas  
blueberries  
strawberries  
peaches  
optional sweetener: dates  
optional add-ins: orange juice, yogurt, milk

**\*\*you can use any fruit, fresh or frozen.**

## Directions:

I used 16 oz of strawberries (can add the whole berries for extra greens) and 10 bananas = 8 cups

I used 16 oz of frozen peaches 10 bananas and a dash of water = 8 cups

I used 16 oz blueberries and 13 bananas = 8 cups

1. Add fruit of choice to the blender or food processor. I like to add the juicier fruit first and then add the bananas.
2. Line tray with parchment paper
3. Pour fruit mixture onto trays and add dividers (I used 20 portions per large tray)
4. Pre-freeze
5. Freeze dry (my cycle time was 42 hours)
6. Remove dividers and store. These stay in "bar" form and are great for snacks and also store well.

## Rehydration:

Not intended to be rehydrated. They make great snacks for the kids or take along to any outing!

## Notes:

Feel free to modify the recipe to your taste. You can add more or less of any of the fruits and even mix fruits together for a variety of fruit bars. This recipe, as written, has a stronger banana taste.

## Nutritional Value varies per bar, Strawberry & Banana shown

Calories: 124 Protein: 1 g Fat: 0 g Carbohydrates: 30 g Sugar: 16 g Fiber: 4 g

# No Bake Apple Cinnamon Date Granola Bars

*This recipe makes 20 granola bars*



## Ingredients

**3 tbsp** chia seeds  
**1 cup** chopped pitted dates  
**1 tsp** fresh lemon zest  
Juice from 1 lemon  
**2 cups** water  
**1** ripe avocado  
**1 cup** apple sauce (unsweetened)  
**2 cups** high quality oatmeal  
**1 cup** coconut flakes (unsweetened)  
**½ tsp** salt  
**1 tbsp** cinnamon  
**½ tsp** cloves

## Directions:

1. In a small bowl, combine 3 tablespoons of chia seeds with 2 cups of hot water. Stir well and set aside to soak.
2. In a saucepan over medium heat, add the dates, 1 cup of water, lemon zest, and lemon juice. Cook until the mixture becomes thick and bubbly.
3. Once the date mixture is thick and bubbly, stir in 1 cup of water and cook for an additional 5 minutes, stirring frequently.
4. Add the soaked chia seeds to the saucepan. Lower the heat and simmer for 10 more minutes, stirring often to blend the flavors.
5. Transfer the date and chia mixture into a blender or food processor. Add the applesauce, avocado, salt, and cinnamon. Puree for 1-2 minutes until smooth.
6. In a large mixing bowl, combine the oatmeal and coconut. Pour in the blended mixture and mix thoroughly until all ingredients are evenly incorporated.
7. Spread the mixture onto a lined tray. Use dividers to portion it into 20 (or 40) equal servings.
8. Pre-freeze when possible.
9. Freeze dry (my cycle time was 27 hours).
10. Store in jars for short-term use or in mylar bags for long-term storage.

## Rehydration:

Not intended for rehydration. This great snack is a healthy substitute for purchased granola bars. Take them anywhere you might need a boost of energy!

## Notes:

You can also add 1 cup of dried cranberries, raisins, or blueberries to the blender before you puree.

## Nutritional Value Per 1 bar

Calories: 94 Protein: 2 g Fat: 4 g Carbohydrates: 15 g Sugar: 7 g Fiber: 3 g

# Zucchini Crackers

*This recipe makes about 6 cups*



## Ingredients

4 zucchini  
1/3 cup shredded mozzarella cheese  
1/3 cup shredded parmesan cheese  
1 egg  
½ tsp red pepper flakes  
1 tsp garlic salt

**These are meant for short term storage**

## Directions:

1. Preheat your oven to 375
2. Trim the ends off the zucchini and shred them
3. Place the shredded zucchini in a cheesecloth and squeeze out as much moisture as possible
4. Add the remaining ingredients and the strained zucchini to a bowl and mix thoroughly by hand until well combined
5. Line the bottom of your freeze-drying tray with parchment paper
6. Evenly spread the zucchini mixture across the freeze dryer tray. (do not add the dividers while baking.)
7. Place the tray in the oven and bake for about 15 minutes or until the mixture turns golden brown
8. Once baked, blot any excess grease with a paper towel
9. Allow the mixture to cool slightly before placing the dividers
10. Add dividers in the 40 portion setting-perfect cracker size
11. Pre Freeze when possible
12. Freeze dry (my cycle time was 39 hours)
13. Store in jars for short-term

## Rehydration:

These are meant to be eaten freeze-dried as a snack

## Notes:

Thinner is better with this recipe, so spread the mixture out evenly but thinly on your tray

## Nutritional Value per 4 “crackers” or 4 of the divider portions

Calories: 52 Protein: 4 g Fat: 3 g Carbohydrates: 3 g Sugar: 2 g Fiber: 1 g





- Butternut Squash, Apple Sweet Potato Soup
- Butternut Squash
- Cream of Mushroom Soup - Homemade
- Grandma's Turkey & Noodles
- Hearty Homemade Chicken Noodle Soup
- Pho - Vegan
- Pizza Soup
- Split Pea Soup
- Tomato Soup
- Vegetable Broth - Homemade

# Soups



# Butternut Squash, Apple & Sweet Potato Soup

*This recipe makes about 12 cups of soup*



## Ingredients

**2 tbsp** coconut oil  
**1** medium sweet onion  
**3** garlic cloves  
**1 medium** butternut squash  
**1 medium** sweet potato  
**½ can** full-fat coconut milk  
**1** tart apple  
**1 tsp** dried sage  
**¼ tsp** pumpkin pie spice or cinnamon  
**¼ tsp** dried ginger  
**½ tsp** kosher salt  
**⅛ tsp** fresh cracked pepper  
**2 cups** vegetable or chicken broth  
Toasted pumpkin seeds, coconut cream and smoked paprika for topping

## Directions:

1. Peel and remove seeds from the butternut squash, and cut into 1-2 inch chunks
2. Peel, core and chop the apple into 1-2 inch chunks
3. Peel the sweet potato and cut into 1 inch chunks
4. Dice onion and mince the garlic (or use 1.5 tsp of minced garlic)
5. Set the Instant Pot to Sauté mode and add coconut oil, diced onion, and minced garlic. Sauté for 2-3 minutes, stirring occasionally, until the onion becomes translucent.
6. Add chopped squash and sweet potato to the pot. Cook for a few minutes, allowing the squash to slightly soften.
7. Pour in all remaining ingredients except the coconut milk. Stir well to mix everything evenly.
8. Close the Instant Pot lid manual button and set the time to 10 minutes on High Pressure.
9. Once the cooking cycle is complete, allow the pressure to release naturally.
10. Use an immersion blender directly in the pot to puree the soup until smooth. Alternatively, carefully transfer the soup to a large blender in batches and blend until creamy.
11. Add coconut milk, stir and adjust seasonings to taste.
12. Add parchment paper to your trays
13. Pour soup onto trays
14. Place dividers (if you choose). We like to use 10 portions per tray
15. Freeze dry (my cycle time was 48 hours)
16. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 1 cup of hot or boiling water to 2 divider portions (if using) or about 1 cup of freeze-dried soup. Stir and cover for a few minutes. Enjoy!

## Notes:

This is a great on-the-go recipe or meal in a bag or jar.

## Nutritional Value Per 1 cup of soup

Calories: 71 Protein: 1 g Fat: 4 g Carbohydrates: 9 g Sugars: 3g Fiber: 2 g

# Butternut Squash Soup

*This recipe makes about 8 cups of soup*



## Ingredients

1 butternut squash  
1/2 **cup** onion, chopped  
4 cloves of garlic or 2 **tsp** minced garlic  
3-4 **cups** of vegetable broth  
1/8 **tsp** nutmeg  
1 **tsp** pepper  
1 **tsp** maple syrup  
  
olive oil  
salt and pepper to taste

## Directions:

1. Preheat oven to 425°F.
2. Line a baking sheet with parchment paper and set aside
3. Cut the squash in half and remove the seeds
4. Lightly coat the cut sides with a small amount of olive oil, spreading evenly. (Use minimal oil to extend storage life.)
5. Season with salt and pepper
6. Place squash cut-side down on the prepared baking sheet
7. Roast for 40–50 minutes or until the flesh is tender
8. In a pan, heat a small amount of olive oil or chicken broth
9. Add diced onions and sauté until soft. (Add salt if desired.)
10. Stir in minced garlic and cook for about 1 minute
11. Once the squash has cooled, peel off the skin
12. Add the roasted squash, sautéed onions, and garlic to a blender or food processor.
13. Blend until smooth
14. Add parchment paper to your trays
15. Pour soup onto trays
16. Place dividers (if you choose). We like to use 4 portions per tray for this recipe
17. Freeze dry (my cycle time was 32 hours)
18. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 1 cup of hot or boiling water to 1 divider portion (if using) or about 1 ½ cups of freeze-dried soup chunks. Stir and cover for a few minutes. Enjoy!

## Notes:

This is a great on-the-go recipe or meal in a bag or jar.

## Nutritional Value Per 1 ½ cups of soup pre-freeze-dried

Calories: 74 Protein: 1 g Fat: 0 g Carbohydrates: 19 g Sugars: 5g Fiber: 2 g

# Cream Of Mushroom Soup-Homemade

*This recipe makes about 11 cups*



## Ingredients

2 cups milk  
6 tbsp flour  
24 oz mushrooms, sliced  
2 onions, diced  
5 cups vegetable broth  
sage, salt and pepper

## Directions:

1. In a mixing bowl, whisk together milk and flour until smooth. If the mixture is too thin, gradually add more flour, 1 tablespoon at a time, until the desired consistency is reached. This will create a roux-like thickening base, yielding about 2 cups. Set aside.
2. In a large pot or saucepan, heat 4 tablespoons of broth. Add the mushrooms and onions, sautéing until they become soft and fragrant.
3. Reduce the heat to medium and pour in 5 cups of broth, stirring well. Slowly add the roux mixture while continuously stirring to prevent lumps.
4. Add a dash of sage, pepper, and salt to taste.
5. Cook on medium heat for 10–15 minutes until the soup thickens.
6. Add parchment paper to your trays
7. Pour soup onto trays
8. Add dividers if using. We like the 4 portion setting
9. Pre Freeze when possible
10. Freeze dry (my cycle time was 34 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 1 divider portion or about 1 ½ cups of crumbled freeze-dried soup to a bowl with 1 ⅞ cups of warm water. Stir and enjoy.

## Notes:

Our goal was to make a serving equal to 1-10.5oz can of cream of mushroom soup. 1 of the 4 divider portions and 1-1 ¼ cups of water is a close equivalent to 1 can of soup with water added. You could make this similar to a “condensed soup” by adding a little water at a time to desired consistency. We estimate this would take about half the amount of water as the fully rehydrated version.

## Nutritional Value Per about 1 ½ cups pre freeze dried

Calories: 87 Protein: 5 g Fat: 2 g Carbohydrates: 14 g Sugar: 6 g Fiber: 2 g



# Grandma's Turkey & Noodles

*This recipe makes about 24 cups*



## Ingredients

### Turkey

**3 lbs** of turkey breast  
**1 tbsp** ground rosemary or **2-3** sprigs  
**2-3** sprigs of thyme  
**5-6** fresh sage leaves  
**2 tsp** of garlic powder

### Noodles

**3** eggs  
**¼ tsp** baking soda  
**2½ -3 cups** flour  
**2 tbsp** of milk  
**8 cups** of broth (maybe add more if you cook the noodles in 2 batches)

## Directions:

### Preparing the turkey:

We used a Sous Vide to cook the turkey. You can skip steps 1-4 and cook the turkey any way you choose

1. Set the Sous Vid at 140 degrees
2. Mix spices to create a rub and coat the turkey evenly.
3. Place the turkey in a ziplock bag, remove all air, and seal tightly.
4. Submerge the sealed turkey in the sous vide water bath and cook for 8 hours.
5. Chop the cooked turkey into bite-sized pieces.

### Preparing the Noodles & Assembling the Ingredients

1. Combine noodle ingredients, adding extra flour as needed, until the dough reaches a pie crust-like consistency
2. Roll the dough out thinly and cut into fettuccine-sized noodles using a pizza cutter, pasta cutter, or knife **Note:** The noodles will double in size when cooked
3. Allow the noodles to rest for about an hour before cooking
4. Bring broth to a boil in a large stockpot. Add the noodles, reduce heat, and let simmer for 20 minutes
5. Stir in the cooked turkey
6. Optionally, add carrots and peas for extra flavor and texture
6. Add parchment paper to your trays and pour the soup into trays
7. Place dividers (if you choose). We like to use 10 portions per tray
8. Freeze dry (my cycle time was 27 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add ½-¾ cup of boiling water to 2 divider portions or about 1 ½ cups of freeze-dried noodles. Stir and cover for a few minutes. Enjoy. Adjust the water to your preference. More water will make a soup and less water will make a thicker noodle dish. Both are delicious

## Notes:

This is a great on-the-go recipe or meal in a bag or jar.

### Nutritional Value Per 1 serving

Calories: 177 Protein: 21 g Fat: 2 g Carbohydrates: 17 g Sugars: 1 g Fiber: 0 g



# Hearty Homemade Chicken Noodle Soup

*This recipe makes 16 cups*



## Ingredients

**2 lbs** carrots  
**1 bag** celery  
**1 bulb** garlic (13 cloves)  
2 yellow onions  
**4 lbs** chicken breasts ( can also use up chicken backs and other scraps)  
**2 tbsp** coarse sea salt  
**1 tbsp** ground black pepper  
4 dried bay leaves  
8 fresh Basil Leaves  
2 fresh Sage Leaves  
2 sprigs of fresh Oregano  
1 bunch of Parsley  
**24 cups** water  
**2 lbs** egg noodles

## Directions:

1. Dice the carrots, celery and onions. Mince the garlic or run it through a garlic press.
2. In a large stock pot, combine your vegetables, chicken backs and carcasses, and all desired spices and seasonings. Pour in 24 cups of water.
3. Bring the mixture to a rolling boil over medium-high heat. Once boiling, reduce the heat to low and let it simmer gently for 4–6 hours. This long simmer helps extract deep flavors.
4. After the simmering period, add 4 lbs of chicken breasts to the pot. Continue simmering on low heat for an additional 1 hour to ensure the chicken cooks thoroughly.
5. Remove all the chicken (both breasts and any additional meat from bones) and bones from the broth. Divide the broth (with vegetables) and the chicken meat into separate containers and refrigerate overnight until completely cooled.
6. Once chilled, chop the chicken breasts into small pieces. Smaller pieces will rehydrate more evenly later. If desired, pick any extra meat from the bones for added texture.
7. Carefully remove as much fat as possible from the surface of the chilled broth and vegetables. This step helps achieve a cleaner flavor and a lighter final product.
8. Return the defatted broth and vegetables to the stock pot. Bring the mixture back to a boil.
9. Add your noodles to the boiling broth. Cook until they are about 98% done—this slight undercooking ensures they won't become mushy when reconstituted later.
10. Pre-freeze. To make it simpler to transport and keep the weight under the limit, I put the soup in bags. Using a ladle, pour approximately 2 cups of the soup into quart-sized freezer baggies. Lay the baggies flat in the freezer to help them freeze evenly.
11. Once frozen, remove the baggies and place them on a lined tray. Limit to two baggies per tray to respect the weight limits of your freeze dryer.
12. Freeze dry (my cycle time was 46 hours)
13. Store in jars for short-term use or in mylar bags for long-term storage.

(continued)

**Rehydration:**

Combine 2 cups freeze-dried soup and 2 cups of boiling water. Cover and let sit for at least 5 minutes, stirring a couple times. This is about 2 servings. Enjoy

**Notes:**

This is a great recipe to portion using dividers if you don't freeze the soup in the baggies as noted above. Just portion the tray into 4 sections, which should be about 2 cups per portion.

Homemade chicken noodle soup like this offers a far healthier alternative to store-bought versions. With generous chunks of tender chicken and vibrant vegetables, each bowl is both nourishing and satisfying.

**Nutritional Value Per 1 cup**

Calories: 390 Protein: 35 g Fat: 5 g Carbohydrates: 49 g Sugar: 5 g Fiber: 4 g

# Pho-Vegan

*This recipe makes about 24 cups*



## Ingredients

4 onions, diced  
8 inches fresh ginger or 4 tbsp minced  
8 tsp minced garlic or 10-12 cloves  
16 cups vegetable broth  
7-8 stalks lemongrass  
4 tsp 5 spice powder  
4 tsp coriander seeds  
½ tsp ground cloves or 20 whole cloves  
12-star anise  
16-20 cinnamon sticks  
8 tsp sesame seed oil  
32 oz tofu  
8 oz rice noodles  
4 cups bean sprouts  
3 cup mushrooms sliced  
10 green onions or scallions, chopped  
1 bunch cilantro, chopped

## Directions:

1. Set the Instant Pot to "Sauté" mode and add sesame oil.
2. Add star anise, cloves, cinnamon sticks, and coriander seeds—toast for about 1 minute until fragrant.
3. Stir in garlic, onions, and ginger. Sauté until onions are lightly sauteed
4. Add lemongrass, five-spice powder, salt, and pepper. Pour in the vegetable broth and stir to combine.
5. Seal the Instant Pot and cook on high pressure for 15 minutes.
6. Allow a natural release for 10 minutes before manually releasing any remaining pressure
7. While the broth cooks, press the tofu to remove excess moisture until firm. Cut into small chunks and place in a container with 1 tsp cornstarch per brick, coating evenly
8. Bake the tofu at 400°F for 15 minutes, flip, and bake for another 15 minutes until golden and crispy.
9. Remove the solids from the broth using a strainer. Strain the hot broth in a large bowl (The solid spices can be saved and reused for another batch of pho if desired)
10. Add an 8 oz package of rice noodles to the hot broth and let them soak for 15 minutes until tender
11. Evenly spread mushrooms, cilantro, green onions, bean sprouts, and any other desired garnishes across the freeze-dryer trays. Then distribute the baked tofu evenly across the trays
12. Separate the rice noodles from the broth and spread them evenly onto trays
13. Pour the broth evenly across the trays, ensuring it is well-distributed
14. Add dividers if using. We like the 4-portion setting.
15. Freeze dry (my cycle time was 25 hours)
16. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

To rehydrate, add 1 cup of hot water to 1 divider portion or about 1 ¾ cups of freeze-dried pho and stir until well combined. Let the mixture sit covered for about 5 minutes. Adjust the consistency to your preference.

**Notes:** If using the dividers, you could place the noodles on the trays and then add the dividers to the desired portion size. Next, place all topping in each section of the dividers and add broth

## Nutritional Value Per 2 cups pre-freeze-dried

Calories: 167 Protein: 8 g Fat: 5 g Carbohydrates: 23 g Sugar: 4 g Fiber: 4 g

# Pizza Soup

*This recipe makes about 28 cups*



## Ingredients

**16 oz** of sliced mushrooms  
**3** small zucchini  
**2** yellow onions  
**2** bell peppers  
**4- 15 oz** cans diced fire roasted tomatoes  
**2-15 oz** cans tomato sauce  
**4-15 oz** cans great northern beans  
**2 tsp** garlic powder  
**2 tsp** basil  
**1 tsp** red pepper flakes  
**1 ½** tbsp oregano  
salt and pepper to taste

## Directions:

1. Clean and dice the onion, zucchini, and bell peppers
2. In a large stockpot, add 2-4 tablespoons of water or vegetable broth over medium heat
3. Stir in the diced peppers, onions, zucchini, and mushrooms. Cook, stirring occasionally, until the onions become translucent and the vegetables soften
4. Add the diced fire-roasted tomatoes (with their juices) and the tomato sauce
5. Rinse and drain the beans and add them to the pot
6. Stir in the garlic powder, basil, red pepper flakes, and oregano
7. Mix well to combine all the flavors
8. Cover the pot and bring the mixture to a boil
9. Once boiling, reduce the heat and let it simmer on low for about 10 minutes
10. Add parchment paper or silicone to your trays
11. Pour soup onto your trays
12. Add dividers if using. We like the 10-portion setting
13. Pre Freeze when possible
14. Freeze dry (my cycle time was 37 hours)
15. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 divider portions or about 1 ½ cups of freeze-dried pizza soup to a bowl along with about 1 cup of boiling water. Cover for 5 minutes. Stir and enjoy.

## Notes:

You could add ground beef or sausage to the recipe if you like.

## Nutritional Value Per 2 divider portions or about 1 ½ cups

Calories 92 Carbohydrates 17 g Protein 5 g Fat 0.5 g Sugar 4 g Fiber 4 g

# Split Pea Soup

*This recipe makes about 8 cups of soup*



## Ingredients

**2 cups** raw split peas  
**5 cups** vegetable broth  
**1 tsp** garlic powder  
**1** onion diced  
**2** stalks of celery sliced or diced  
**2** whole carrots sliced or diced  
**1 cup** diced ham  
  
**salt and pepper to taste**

## Directions:

1. Set your Instant Pot to Sauté mode.
2. Add 1-2 tablespoons of vegetable broth to the pot
3. Stir in the diced onion and lean diced ham, cooking until the onions are slightly browned and fragrant
4. Add the carrots and celery to the pot, then pour in the remaining vegetable broth
5. Stir in the split peas, garlic powder, and season with salt and pepper to taste.
6. Close the lid, set the Instant Pot to High Pressure, and cook for 20 minutes
7. Once done, allow the pressure to naturally release for about 10 minutes before opening.
8. Add parchment paper to your trays
9. Pour soup into the trays
10. Place dividers (if you choose). We like to use 10 portions per tray
11. Freeze dry (my cycle time was 37 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 cups of hot or boiling water to 2 divider portions (if using) or about 1 ½ cup of freeze-dried soup. Stir and cover for a few minutes. Enjoy

## Notes:

For a vegan version, leave out the ham.

## Nutritional Value Per 1 ½ cups of soup

Calories: 171 Protein: 13 g Fat: 1 g Carbohydrates: 27 g Sugars: 3g Fiber: 9 g



# Tomato Soup-Roasted

*This recipe makes about 8 cups*



## Ingredients

**3 lbs.** tomatoes  
**8** cloves garlic  
**2** onions  
**1/2 cup** fresh basil  
**1/2 tsp** dried oregano  
**1 cup** vegetable broth

## Directions:

1. Preheat the oven to 400°F
2. Peel and slice the onions
3. Core the tomatoes & peel the garlic. Insert the garlic cloves into the hollowed centers of the tomatoes
4. Place the tomatoes in a baking dish and lightly spray with cooking spray—be careful not to overdo it
5. Season with salt and pepper to taste.
6. Roast the tomatoes for 40-45 minutes until soft and slightly caramelized.
7. While the tomatoes are roasting, heat a pan large stockpot over medium heat with a splash of broth. Add the sliced onions and cook slowly, stirring occasionally. Add broth as needed until caramelized.
8. Once the tomatoes, garlic, and onions are done, transfer them to a blender.
9. Add the fresh basil and blend until smooth.
10. Pour the blended mixture into a pot over medium heat.
11. Stir in 1-2 cups of vegetable broth or water (adjust for desired consistency)
12. Add ½ tsp dried oregano
13. Simmer for 10-15 minutes, adjusting seasoning as needed.
14. Add parchment paper to your trays
15. Pour soup onto trays
16. Pre Freeze when possible
17. Freeze dry (my cycle time was 31 hours)
18. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add ¾ cup of boiling water to ½ cup freeze-dried tomato soup. Stir and enjoy

## Nutritional Value Per 1 cup

Calories: 54 Protein: 2 g Fat: 0 g Carbohydrates: 12 g Sugar: 6 g Fiber: 3 g

## Vegetable Broth-Freeze Dried Pantry Recipe

*This recipe makes about 5 cups of vegetable broth powder*



### Ingredients

**1 cup** freeze-dried carrot powder  
**3/4 cup** freeze-dried celery powder  
**1 cup** freeze-dried mushroom powder  
**1/2 cup** freeze-dried onion powder  
**1 cup** freeze-dried kale powder  
**1/4 cup** freeze-dried parsley  
**1 tbsp** freeze dried garlic powder

Optional: salt or any spices you like

**This is a freeze-dried pantry recipe using already pre-freeze-dried ingredients**

### Directions:

1. Measure all the ingredients into a large jar or mylar bag
2. Shake or stir to mix.
3. If you are using this as a pantry item, seal the jar after each use
4. Store in a mylar bag for long term storage

**Rehydration:** Add 1 cup of boiling water to 2 tbsp of vegetable broth powder. Stir and enjoy,

**Notes:** We also like this as a seasoning. You can use other vegetable powders and add any spices you like for your broth

### Nutritional Value Per 2 tbsp of powder

Calories: 20 Protein: 1 g Fat: 0 g Carbohydrates: 4 g Sugar: 1 g Fiber: 1 g

- Butter Cauliflower
- Cream of Mushroom Soup - Homemade & Vegan
- Enchilada Sauce-Homemade
- Lentil Sloppy Joes
- No Egg - Egg Salad
- Seitan - Plant Based Meat Substitute
- Sweet Potato & Black Bean Enchiladas
- Tzatziki Sauce

# Vegan & Vegetarian



# Butter Cauliflower

*This recipe makes about 11 cups*



## Ingredients

### Sauce ingredients:

2 tsp salt  
2 tsp cumin  
1 tsp ground ginger  
2 tbsp garam masala  
2 tsp chili powder  
1 cup raw cashews  
5 ½ cups of water  
1-12 oz can tomato paste

### Cauliflower mixture:

2 heads of cauliflower  
2 yellow onions, chopped  
8 cloves of garlic, chopped  
4 tbsp plant butter

## Directions:

1. Place all sauce ingredients for the sauce into a high-powered blender (If using a standard blender, boil the cashews for 10 minutes beforehand to soften them)
2. Blend until smooth, thick, and creamy. Set aside
3. In a large pot, melt the plant butter over medium heat
4. Add the chopped garlic and onions, cooking until the onions turn translucent
5. While the garlic and onions are cooking, chop the cauliflower into bite-sized pieces. (smaller is better)
6. Add the cauliflower to the pot and stir to coat with the onion and garlic mixture.
7. Pour the prepared sauce over the cauliflower mixture
8. Stir well and let it simmer for about 10 minutes, or until the cauliflower is tender but not mushy.
9. Add parchment paper to your trays
10. Pour butter cauliflower onto trays
11. Pre Freeze when possible
12. Freeze dry (my cycle time was 36 hours)
13. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 1 cup of freeze-dried butter cauliflower to a bowl with about ½ cup of hot water. Cover and let it sit for about 5 minutes. The smaller the cauliflower pieces are, the easier it will rehydrate. Enjoy

## Notes:

Serve over rice. Use freeze-dried rice (rehydrate with 1 part rice and 1 part hot water)

## Nutritional Value Per 1 cup pre freeze-dried

Calories: 141 Protein: 4 g Fat: 9 g Carbohydrates: 12 g Sugar: 4 g Fiber: 3 g

# Cream Of Mushroom Soup

## Homemade & Vegan

*This recipe makes about 11 cups*



### Ingredients

**1 cup** raw cashews  
**½ cup** water  
**2 tbsp** lemon juice  
**2 tbsp** vegetable broth  
**1** clove garlic  
**24 oz** mushrooms, sliced  
**2** onions, diced  
**5 cups** vegetable broth

sage, salt and pepper

### Directions:

1. Add cashews, water, lemon juice, 2 tbsp of broth, garlic, and salt in a high-powered blender. Blend until smooth. This makes the cashew cream or thickening agent and will yield 2 cups. Set aside.
2. In a large pot or saucepan, heat 4 tablespoons of broth. Add the mushrooms and onions, sautéing until they become soft and fragrant.
3. Reduce the heat to medium and pour in 5 cups of broth, stirring well. Slowly add the cashew cream while continuously stirring to prevent lumps.
4. Add a dash of sage, pepper, and salt to taste.
5. Cook on medium heat for 10–15 minutes until the soup thickens. Stirring often
6. Add parchment paper to your trays
7. Pour soup into trays
8. Add dividers if using. We like the 4 portion setting
9. Pre Freeze when possible
10. Freeze dry (my cycle time was 34 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

### Rehydration:

Add 1 divider portion or about 1 ½ cups of crumbled freeze-dried soup to a bowl with 1 ⅞ cups of warm water. Stir and enjoy.

### Notes:

Our goal was to make a serving equal to 1-10.5oz can of cream of mushroom soup. 1 of the 4 divider portions and 1-1 ¼ cups of water is a close equivalent to 1 can of soup with water added. You could make this similar to a “condensed soup” by adding a little water at a time to desired consistency. We estimate this would take about half the amount of water as the fully rehydrated version.

### Nutritional Value Per about 1 ½ cups pre freeze dried

Calories: 136 Protein: 5 g Fat: 8 g Carbohydrates: 13 g Sugar: 4 g Fiber: 2 g



# Enchilada Sauce-Homemade

*This recipe makes about 6 cups*



## Ingredients

**9 tbsp** all purpose flour  
**6 tbsp** chili powder  
**4 ½ tsp** cumin  
**2 ¼ tsp** garlic powder  
**3 tsp** oregano  
**1 ½ tsp** salt  
**1 tsp** cinnamon  
**½ cup** vegetable broth  
**6 tbsp** tomato paste  
**6 cups** vegetable broth  
**6-10 tsp** apple cider vinegar

## Directions:

1. Whisk together the flour, chili powder, cumin, garlic powder, oregano, salt, and cinnamon until well combined.
2. In a saucepan over medium heat, warm ½ cup vegetable broth.
3. Add the spice mixture to the saucepan, stirring continuously for about 1 minute to release the flavors.
4. Stir in the tomato paste, mixing until fully incorporated.
5. Gradually add the 6 cups of vegetable broth, stirring constantly to avoid lumps.
6. Bring the mixture to a simmer and let it cook for about 5 minutes, stirring continuously, until the sauce thickens.
7. Remove from heat and mix in 6-10 teaspoons of apple cider vinegar, adjusting to taste.
8. Add parchment paper to your trays
9. Pour the sauce on your trays
10. Place the dividers if using. We like 20 portions for this recipe
11. Pre Freeze when possible
12. Freeze dry (my cycle time was 25 hours)
13. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 divider portions or about ½ cup of freeze-dried enchilada sauce to a bowl with 2-3 tbsp of water. Adjust to your preferred consistency. Stir and enjoy.

## Notes:

See our Black Bean enchilada recipe

Rehydrate a large batch and heat it up on the stove or rehydrate it in a bowl with a little hot water, and it's ready to go.

## Nutritional Value Per ½ cup enchilada sauce

Calories: 96 Carbohydrates 17 g Protein 4 g Fat 2 g Sugar 2 g Fiber 5 g

# Lentil Sloppy Joes-Vegan

*This recipe makes about 3 cups*



## Ingredients

**1 cup** lentils-uncooked  
**2 cups** vegetable broth  
**1** clove garlic  
**½** onion  
**½ tsp** chili powder  
**1 tbsp** worcestershire sauce  
**½ tsp** paprika  
**1 tsp** brown sugar  
**¼ cup** tomato paste

**We use an instant pot for this recipe, but you could make on a stovetop**

## Directions:

1. Dice the onion
2. Set your Instant Pot to the sauté function. Once warm, add a splash of the vegetable broth and the diced onion. OR use a large stockpot on the stovetop
3. Sauté the onions until they become lightly browned and fragrant.
4. Stir in the minced garlic and cook for another minute
5. While the onions are cooking add the lentils and broth to the Instant Pot, give it a quick stir. (If you are doing this on your stove top, add the lentils and broth and boil the lentils uncovered for about 30 minutes-adding broth as needed)
6. Lock the lid and set the pressure cooker to high pressure and cook for 15 minutes
7. Once done, allow it to naturally release for 10 minutes before opening the lid
8. Stir in the tomato paste, chili powder, Worcestershire sauce, paprika, and brown sugar
9. Mix thoroughly to combine all the flavors
10. Add parchment to your trays
11. Pour the lentil sloppy joes onto trays
12. Add dividers. If using. We like the 20 portion setting
13. Freeze dry (my cycle time was 32 hours)
14. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 1 of the divider portions or about ⅓ cup of freeze dried sloppy joe to a bowl. Add ⅓ cup boiling water. Give it a stir and cover for about 3-4 minutes. Enjoy

**Notes:** Make our coleslaw recipe to top your lentil sloppy joes.

## Nutritional Value Per 1 divider portion or about ⅓ cup

Calories: 41 Protein: 3 g Fat: 0 g Carbohydrates: 7 g Sugar: 1 g Fiber: 2 g

# No Egg-Egg Salad (vegan)

*This recipe makes about 4 cups*



## Ingredients

**1-14oz** block of firm tofu  
**½ cup** vegan greek yogurt (like Kite Hill)  
**⅓ cup** dijon mustard  
**½ cup** diced celery  
**½ cup** diced onions  
**¾ cups** peas  
**½ tsp** garlic powder  
**⅛ tsp** cayenne pepper  
**1 tsp** turmeric

Optional 1-2 pickle spears diced

## Directions:

1. Drain the tofu and press for about 15 minutes to remove excess moisture
2. Cut the tofu into small pieces. (very small is better for rehydration)
3. In a large mixing bowl, combine the vegan greek yogurt, Dijon mustard, diced celery, diced onions, peas, garlic powder, cayenne pepper, and turmeric
4. Stir in the diced tofu and mix until all ingredients are evenly combined
5. If using, add the diced pickle spears
6. Add parchment to your trays
7. Spoon the “egg” salad onto trays
8. Freeze dry (my cycle time was 60 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add ¾ cups freeze-dried egg salad to a bowl along with ⅓ cup of cold water. Rehydration took about an hour for me. I think my tofu pieces were too large. If you cut your tofu smaller it will rehydrate faster.

## Notes:

Try crumbling the tofu for faster rehydration. Just use your hands to crumble in sections. This will be a less chunky consistency and should rehydrate faster.

## Nutritional Value Per ¾ cup serving

Calories: 62 Protein: 7 g Fat: 2 g Carbohydrates: 4 g Sugar: 1 g Fiber: 1 g

[www.freezedryingcookbook.com](http://www.freezedryingcookbook.com)

# Seitan-Plant Based Meat Substitute

*This recipe makes about 6 cups of sliced or diced seitan*



## Ingredients

### Seitan Dough

**2 cups** vital wheat gluten  
**½ cup** chickpea flour  
**2 cup** water

See below for broth flavor options

## Directions:

1. Combine all seitan dough ingredients in a mixer and knead for about 5 minutes until a bread-like dough forms. Let the dough rest for 5 minutes to allow gluten development

### Prepare the Broth:

1. While the dough rests, bring a large stockpot of flavored broth to a boil. Ensure the pot is large enough to accommodate the expansion of the seitan
2. Cut the dough into desired size. For this recipe, I like to cut into 4 portions—Remember it will expand in the broth and you can slice or dice after it is cooked.
3. Drop the seitan pieces into the boiling broth and reduce heat to a simmer
4. Let it simmer for about 1 hour, allowing it to expand and absorb flavor
5. Remove the cooked seitan from the broth and allow it to cool completely(save the broth to rehydrate)
6. Line freeze-dryer trays with parchment paper. Add seitan in a single layer (slice the seitan into thin slices or small chunks to freeze-dry & for easier rehydration)
7. Freeze dry (my cycle time was 36 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

### For BEEF Flavored broth:

5 1/2 cups veggie broth  
1/2 cup dry red wine  
1/3 cup soy sauce  
2 tbsp Worcestershire sauce  
1 tsp thyme  
1/2 tsp onion powder  
1/2 tsp garlic powder  
1/2 tsp black pepper

### For PORK Flavored broth:

6 cups veggie broth  
1/3 cup soy sauce  
2 Tbsp maple syrup  
2 Tbsp apple cider vinegar  
2 tsp liquid smoke  
2 tsp smoked paprika  
1 tsp onion powder  
1 tsp garlic powder

### For CHICKEN Flavored broth:

6 cups veggie broth  
1/3 cup soy sauce  
1/4 cup nutritional yeast  
1 1/2 tsp white wine vinegar  
1 1/2 tsp poultry seasoning  
1 tsp onion powder  
1/2 tsp garlic powder  
1/2 tsp liquid smoke

### Rehydration:

Add diced or sliced seitan to a pan with leftover broth or 6-8 cups of water(using broth will add extra flavor). Bring to a low boil and boil for 10-15 minutes. Cook time can vary based on the portion size of the seitan.

### Nutritional Value Per 1/12 recipe or about 1/2 cup of seitan without the broth flavoring

Calories: 82 Protein: 14 g Fat: 0 g Carbohydrates: 6 g Sugar: 0 g Fiber: 0 g

# Sweet Potato & Black Bean Enchilada Filling

*This recipe makes 12 cups of enchilada filling*



## Ingredients

**3-4 lbs** sweet potatoes  
**2** onions  
**2 tbsp** vegetable broth  
**20** cloves garlic or **10 tsp** diced  
**2-15 oz** cans black beans (drained)  
**6 tsp** cumin  
**4 tsp** chili powder  
**1 tsp** salt  
**2** limes, juiced or **3-4 tbsp** lime juice  
**3** avocados

## Optional

**2 cups** shredded cheddar cheese  
(vegan cheese for vegan version)

## Directions:

1. Cube the sweet potatoes into small pieces and place them in a steaming basket inside an Instant Pot. ( If not using an Instant Pot, boil or steam them until tender)
2. Add 1 cup of water to the Instant Pot and cook on high pressure for 5 minutes. Perform an instant pressure release when done
3. While the sweet potatoes cook, dice the onions
4. Heat a small amount of vegetable broth in a large pot over medium heat
5. Once hot, add diced onions and minced garlic. Sauté until onions become translucent
6. Stir in the drained black beans and mix well
7. Add the cooked sweet potatoes to the pan
8. Add the cumin, chili powder and salt to the pan and stir to incorporate
9. Mash avocados until smooth, creating a guacamole-like texture. Add the lime juice to the mashed avocados
10. Stir into the sweet potato mixture to add creaminess without the need for cheese or sour cream
11. If using cheese, mix it in while the filling is still hot to help it melt
12. Add parchment paper to your trays
13. Spoon the sweet potato and black bean filling onto trays
14. Place dividers (if you choose). We like to use 10 portions per tray
15. Pre Freeze when possible
16. Freeze dry (my cycle time was 28 hours)
17. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 divider portions or about 1 ½ cups of freeze-dried enchilada filling to a bowl with ¾ cup of hot water. Cover and let sit for at least 10 minutes, stirring several times. This should fill 2 enchiladas.. Enjoy

## Notes:

See our recipe for homemade enchilada sauce. It's amazing and can be freeze-dried!!

## Nutritional Value Per 1 cup pre-freeze-dried with cheese

Calories: 311 Protein: 11 g Fat: 11 g Carbohydrates: 40 g Sugar: 4 g Fiber: 9 g



# Tzatziki Sauce

*This recipe makes about 6 cups*



## Ingredients

**5 cups** plain Greek Yogurt (or plant-based Greek yogurt)

**10** cloves Garlic

**2.5 tsp** dried dill

**3 ½ tbsp** lemon juice

**1** english cucumber

salt and pepper to taste

## Directions:

1. Chop the cucumber into small pieces; smaller is better
2. Peel and mince the garlic cloves
3. Combine all the ingredients in a bowl.
4. Add parchment paper to your trays
5. Spread the tzatziki sauce evenly on your trays
6. Place the dividers if using. We like 40 portions for this recipe
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 30 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 divider portions or about 2 ½ tbsp of freeze-dried tzatziki to a bowl with 2 tbsp of cold water. Stir and enjoy.

## Notes:

See our Chicken and Tofu Gyro recipes.

### Nutritional Value Per 2 tbsp tzatziki with dairy Greek yogurt

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

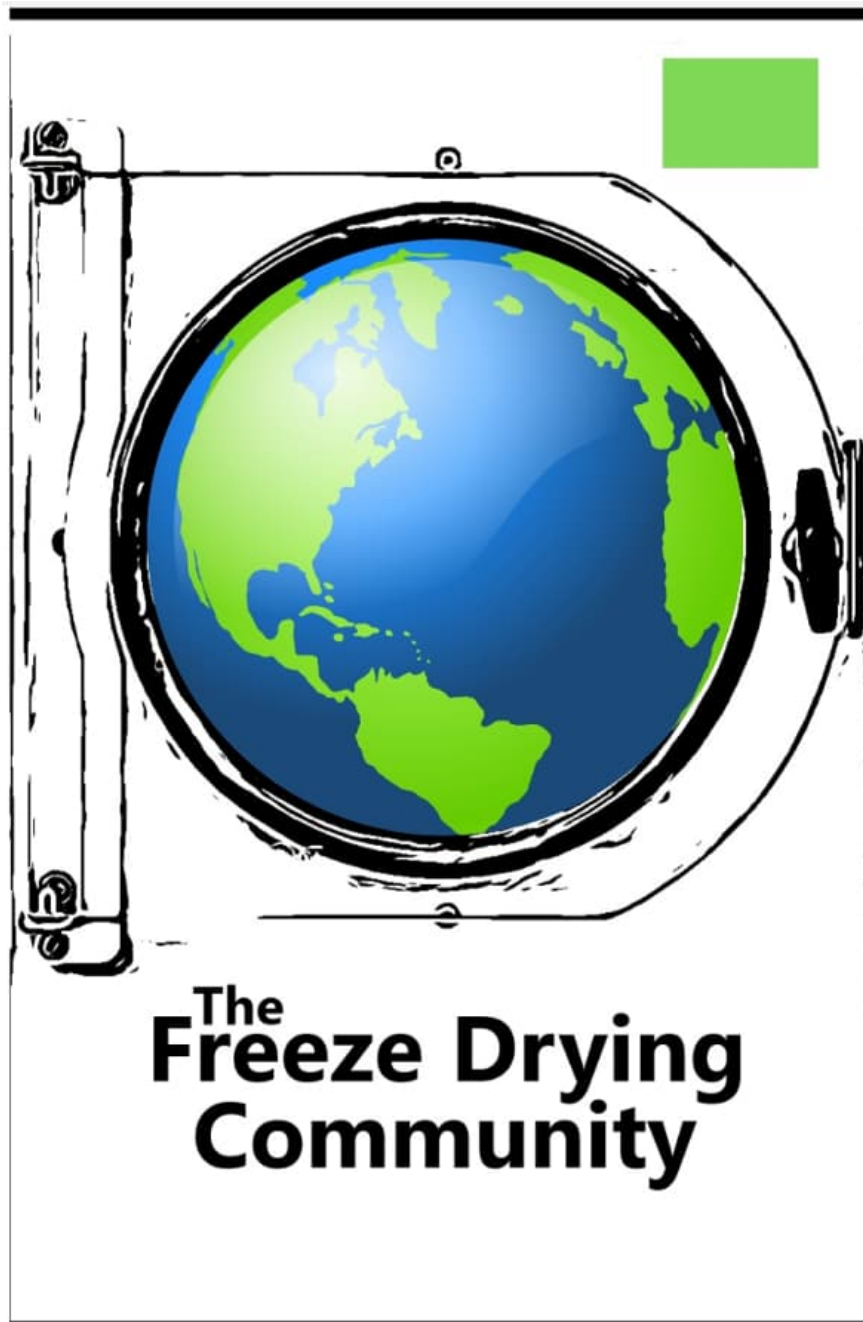
### Nutritional Value Per 2 tbsp tzatziki with plant-based greek yogurt

Calories: 50 Carbohydrates 2 g Protein 5 g Fat 2 g Fiber 0 g Sugar 1 g



# ***Appendix***

**Freeze Dryer Capacity**  
**Freeze Dryer Friendly Substitutions**  
**Quick Tips**  
**Storage Tips**



## **Freeze Dryer Capacities & Tray Allowances**

| <b>Harvest Right Freeze Dryers</b> |              |                  |                  |                 |                   |                  |
|------------------------------------|--------------|------------------|------------------|-----------------|-------------------|------------------|
|                                    | <b>Trays</b> | <b>Tray Size</b> | <b>Cups/Tray</b> | <b>Lbs/Tray</b> | <b>Total Cups</b> | <b>Total Lbs</b> |
| <b>Small</b>                       | 3            | 7.75 x 14"       | 5                | 2.3             | 15                | 6.9              |
|                                    | 4            |                  |                  |                 | 20                | 9.2              |
| <b>Medium</b>                      | 4            | 7.5 x 18"        | 6                | 3               | 24                | 12               |
|                                    | 5            |                  |                  |                 | 30                | 15               |
| <b>Large</b>                       | 5            | 9 x 20.5"        | 8                | 4.2             | 40                | 21               |
|                                    | 6            |                  |                  |                 | 48                | 25.2             |
| <b>XL</b>                          | 6            | 10.9 x 29.5"     | 15               | 7.1             | 90                | 42.6             |
|                                    | 7            |                  |                  |                 | 105               | 49.7             |



| <b>Stay Fresh Freeze Dryers</b> |              |                  |                  |                 |                   |                  |
|---------------------------------|--------------|------------------|------------------|-----------------|-------------------|------------------|
|                                 | <b>Trays</b> | <b>Tray Size</b> | <b>Cups/Tray</b> | <b>Lbs/Tray</b> | <b>Total Cups</b> | <b>Total Lbs</b> |
| <b>Medium</b>                   | 5            | 8 x 20"          | 8.2              | 3.6             | 41                | 18               |
|                                 | 7            |                  |                  |                 | 57                | 25.2             |
| <b>Mega</b>                     | 6            | 10.5 x 27.5"     | 14.9             | 8.3             | 90                | 50               |



| <b>Blue Alpine Freeze Dryers</b> |              |                  |                  |                 |                   |                  |
|----------------------------------|--------------|------------------|------------------|-----------------|-------------------|------------------|
|                                  | <b>Trays</b> | <b>Tray Size</b> | <b>Cups/Tray</b> | <b>Lbs/Tray</b> | <b>Total Cups</b> | <b>Total Lbs</b> |
| <b>Medium</b>                    | 5            | 9 x 13"          | 6                | 3               | 30                | 15               |
| <b>Large</b>                     | 5            | 18 x 13"         | 8                | 5               | 40                | 25               |



These are suggested capacities as a helpful tool for the recipes provided in this cookbook.  
This is not a representation of manufacturers recommendations.

## Freeze Dryer Friendly Substitutes & Alternative Ingredients

Not all ingredients freeze-dry well, but you can still enjoy your favorite recipes by using freeze dryer-friendly substitutes. Small amounts of butter, syrups, oils and fats, as well as those high in sugar, are usually ok when mixed into a recipe, but use them in moderation. Below are some common ingredient replacements that work well in freeze-dried meals for baking, and cooking. It is advisable to consume foods containing oils within 5 years.

### Mayonnaise Substitutes in recipes

Mayonnaise does not freeze dry well due to its high oil content, but you can use:

- ✓ Plain yogurt (regular or Greek)
- ✓ Plant-based yogurt (for vegan options)
- ✓ Sour cream (in some recipes)

♦ Pro Tip: Greek yogurt provides a tangy, creamy texture similar to mayo and is a great choice for dressings, dips, and sandwiches.

### Syrup & Honey Alternatives

Syrup and honey have an extremely long shelf life and do not freeze dry well because they remain sticky and do not fully solidify. If you're determined to freeze-dry honey or syrup, some have found success by **diluting it with hot distilled water** at a **4:1 ratio** (4 parts water to 1 part honey or syrup). Diluting them within a recipe is also typically adequate for freeze drying and storage.

Instead of freeze-drying them, try:

- ✓ Storing them in sealed packets alongside your freeze-dried meals (e.g., syrup packets stored with freeze-dried French toast sticks).

### Sugar Substitutes for Baked Goods

Instead of using granulated sugar, try these healthier and freeze-dryer-friendly options:

- ✓ Bananas – Mash fresh bananas into batter or use freeze-dried banana powder as a way to sweeten baked goods.
- ✓ Stevia – A natural, calorie-free sweetener.
- ✓ Freeze-Dried Watermelon Powder – Adds a mild sweetness and unique flavor.
- ✓ Fruit puree: applesauce fresh or freeze dried will add sweetness baked goods, smoothies, and salad dressings.

♦ Pro Tip: One cup mashed banana = 1 cup of sugar in some recipes.



## Peanut Butter Substitutes

Since peanut butter contains oils that typically do not freeze dry well. If you're determined to freeze-dry peanut butter, some have found success by **diluting it with hot distilled water** at a **4:1 ratio** (4 parts water to 1 part peanut butter).

- ✓ PB2 (Powdered Peanut Butter) – Great for peanut butter flavor in recipes
- ✓ Avocado – Works as a replacement in baking when fat content is needed rather than peanut flavor.

## Butter Substitutes

Butter does not freeze-dry well, but you can use these healthy alternatives in recipes:

- ✓ Mashed or blended avocado – Perfect for baking, provides a similar texture.
- ✓ Unsweetened applesauce – Works great for baked goods (1:1 substitution).
- ✓ Pumpkin puree – Adds moisture and richness in baking.

## Oil Substitutes for Cooking & Baking

### For Cooking/Sautéing:

Instead of oil, use:

- ✓ Any type of broth (vegetable, chicken, or beef)
- ✓ Plain water – Add small amounts as you sauté.

### For Baking:

- ✓ Applesauce – 1:1 substitute for oil in cakes, muffins, and bread.
- ✓ Mashed banana – Adds sweetness and moisture to baked goods.
- ✓ Pumpkin puree – Adds moisture and richness.
- ✓ Mashed avocado – Great for savory dishes and some desserts.

♦ **Pro Tip:** Using fruit-based substitutes (like applesauce or banana) reduces fat and adds natural sweetness to recipes.

## Egg Substitutes (Vegan & Dairy-Free Options)

Yes, eggs freeze dry well, but for vegan or allergy-friendly recipes, try these alternatives:

- ✓ Aquafaba – The liquid from canned chickpeas (3 tablespoons = 1 egg).
- ✓ Unsweetened applesauce – ¼ cup per egg.
- ✓ Flax Seed Egg – 1 tbsp ground flax seeds + 3 tbsp water (let sit for 5 min).
- ✓ Baking Soda & Vinegar – 1 tsp baking soda + 1 tbsp white vinegar per egg.

♦ Pro Tip: Flax eggs work well in pancakes, muffins, and dense baked goods, while aquafaba is great for whipped toppings and meringues.

## Heavy Cream

Heavy cream can be freeze-dried, but due to its high fat content, it is best suited for short-term storage

### Heavy Cream Substitutes

- ✓ Oat milk – 1:1 replacement for heavy cream.
- ✓ Cashew cream – Blend soaked cashews with water for a thick, creamy texture.
- ✓ Milk + Cornstarch or Flour – 1 cup milk + 1-2 tbsp cornstarch/flour, whisked until smooth.
- ✓ Cream cheese + water – Whisked together for a creamy alternative.

♦ Pro Tip: Cashew cream is an excellent plant-based substitute that works well in both sweet and savory dishes.

## Buttermilk

Buttermilk can be freeze-dried, but due to its high fat content, it is best suited for short-term storage

### Buttermilk Substitutes

- ✓ DIY Buttermilk – Add 1 tbsp lemon juice or vinegar to a measuring cup, then fill with milk to reach 1 cup. Let sit for 5 minutes before using.

# Quick Tips for Freeze Drying Success

## Pre-Freezing for Efficiency ❄️

Whenever possible, pre-freeze your food before placing it in the freeze dryer. This not only reduces batch times but also saves energy and minimizes wear and tear on your machine. If you have a freezer running regularly, take advantage of its cold temperatures to get a head start on the process.

## Optimize Your Freeze-Drying Space 🌡️

Maintain a well-ventilated and climate-controlled area between 60-78°F for optimal freeze-drying conditions. If you live in a humid climate, consider using a dehumidifier in the room to improve efficiency. Additionally, placing a fan aimed at your freeze dryer can help regulate airflow and prevent overheating.

## Avoid Cross-Contamination ⚠️

When freeze-drying raw meats, eggs, or other potentially hazardous foods, do not mix them with other items in the same batch. Also, be sure potential food allergens do not contaminate other foods, especially if you intend to give or sell the food to others. To ensure food safety:

- ✓ Label all bags and containers that have come in contact with raw foods.
- ✓ Keep track of contents now—you may not remember them later!
- ✓ Thoroughly clean your freeze dryer after running cycles with these foods.

## Managing Strong Odors 🧄

Onions, garlic, and other pungent foods can leave lingering smells in your freeze dryer. To neutralize odors:

- ✓ Follow up with a batch of rice, soups, stir-fries, or other complementary foods to absorb residual scents.
- ✓ If odors persist, thoroughly clean the freeze dryer with soap and water and then use rubbing alcohol or vodka to wipe the machine down and clean your drain hose before your next batch.

## Proper Cleaning Methods 🍷

❌ Do NOT use bleach or harsh chemicals on your freeze dryer, as they can damage the plexiglass door, rubber seals, and heating mats—and may even contaminate your food.

Instead, use gentle cleaning solutions such as:

- ✅ Grain alcohol or vodka
- ✅ Rubbing Alcohol
- ✅ Vinegar
- ✅ Good ol' fashioned soap and water with some elbow grease!
- ✅ Get yourself a good bottle brush

Always do your research before using a cleaning agent.

## Weighing Your Food for Accuracy ⚖️

Weighing your food before and after freeze-drying allows you to determine how much water needs to be reintroduced for proper rehydration. Using tray dividers (like those from [freezedryingsupplies.com](http://freezedryingsupplies.com)) can help ensure consistent and accurate portioning across all trays.

## Preparing Your Food and Trays for Success

- ✅ **Blanch Vegetables Before Freeze-Drying:** Most veggies (like broccoli, asparagus, and green beans) rehydrate better if they are lightly blanched before freeze-drying.
- ✅ **Avoid Overloading the Trays:** Spreading food evenly in a single layer allows for faster and more efficient drying. Overcrowding can result in partially dried foods and extra long freeze-drying cycles.
- ✅ **Using Parchment Paper or Silicone Mats:** Helps prevent food from sticking to trays and makes cleanup easier!
- ✅ **Batch Similar Foods Together:** Group similar moisture-content foods (like fruits with fruits, meats with meats) to optimize drying times.
- ✅ **Remove excess Fats and Oils:** For meats or foods high in oil content, rinse with water and pat dry with paper towels before freeze-drying. Removing excess fat can extend storage life and prevent the food from going rancid over time. Repeat this process as needed for better long-term preservation.

## How to tell if your freeze dried food is dry

### The Weighing Method


This method ensures **precise** results:

1. Weigh your trays before freeze-drying.
2. Weigh the trays after drying. Add extra dry time
3. If the trays continue to lose weight after additional drying, moisture is still present.
4. When the weight stays the same after extra drying, the food is fully dry.
5. Scales have a natural small variability, so minor fluctuations in weight readings are normal. Small changes within this range are negligible and considered the same weight.

### Purchase a Water Activity Meter:

For professional freeze-drying results and complete confidence that your food is fully dry, consider using a Water Activity Meter. While these devices can be pricey, they provide precise measurements of your food's moisture levels. To prevent bacterial growth and spoilage during storage, your water activity level should be at or below 0.6, the lower the better.

### What to Do If Food Is Not Fully Dry?

 Use the “Extra Dry Time” Setting: Run the freeze dryer for an additional 2-6 hours.

### When in Doubt, Add More Dry Time!

If you're ever unsure whether your food is fully dry, the safest option is to add extra dry time. Adding extra time ensures safe, long-lasting food storage. Even a small amount of leftover moisture can lead to spoilage, bacteria growth, or a shorter shelf life. You can't overdry your food so don't be afraid to add more time



## Storage & Labeling Tips

✓ Double-Seal Mylar Bags for Extra Protection: After heat-sealing a Mylar bag, seal it a second time about ½ inch above the first seal for extra security.

**Always use oxygen absorbers.** The information in the table below is provided by PackFreshUSA

| <b>Absorption Required For Common Foods</b>   |   |  |   |
|---|---|--|---|
| Pack food tightly and fill containers completely to insure adequate absorption. If you are not certain which column your product should be in, use the greater quantity. There is nothing wrong with using more absorption than required. |   |  |   |
| <b>Container Size</b><br>(Fill completely)  | <b>Pinto beans, red beans, rice, sugar</b><br>(35% air) | <b>Flour, flax meal, instant mixes, powders, coffee beans</b> (50% air)* | <b>Pasta, cereal, instant potatoes, oatmeal, barley, dried corn</b> (75% air) |
| <b>1 Pint</b> (16 oz.)  | <b>50cc</b>   | <b>50cc</b>  | <b>100cc</b>  |
| <b>1 Quart</b> (32 oz.)   | <b>100cc</b>  | <b>100cc</b>   | <b>150cc</b>  |
| <b>1/2 Gallon</b> (64 oz.)  | <b>150cc</b>  | <b>200cc</b>   | <b>300cc</b>  |
| <b>#10 Can</b> (0.82 gallons)   | <b>250cc</b>  | <b>350cc</b>   | <b>500cc</b>  |
| <b>1 Gallon</b>   | <b>300cc</b>  | <b>400cc</b>   | <b>500cc</b>  |
| <b>1 1/2 Gallon</b>   | <b>450cc</b>  | <b>600cc</b>   | <b>800cc</b>  |
| <b>2 Gallon</b>   | <b>600cc</b>  | <b>800cc</b>   | <b>1000cc</b>   |
| <b>4.25 Gallon</b>  | <b>1200cc</b>   | <b>1700cc</b>  | <b>2000cc</b>   |
| <b>5 Gallon</b>   | <b>1400cc</b>   | <b>2000cc</b>  | <b>2500cc</b>   |
| <b>6 Gallon</b>   | <b>1700cc</b>   | <b>2300cc</b>  | <b>3000cc</b>   |

\*Despite the fact that items like flour and powdered mixes consist of very fine particles, they can contain a surprising amount of air. Also be aware that the often recommended 300cc per gallon is not enough for many food types like pasta.

✓ Once you open a pack of oxygen absorbers, be sure to store unused ones in a vacuum-sealed jar until needed. Oxygen absorbers should only be exposed to the air for 15 minutes. If left exposed for too long, they can become saturated and may no longer remove oxygen properly. If an absorber feels hard instead of pliable, it has likely been fully activated and should not be used.

✓ Label Everything Clearly! Write the food type, date, and rehydration instructions on Mylar bags or jars. You may remember now, but in 5 minutes, 5 months or 5 years, you may not!

✓ Store in a Cool, Dark Place: Freeze-dried food lasts longest when stored in a temperature-controlled environment (below 75°F and away from light & moisture).

✓ Use a Vacuum Sealer for Extra Protection: If storing freeze-dried food in jars, use a vacuum sealer with a jar attachment to remove excess air.

## Desiccants?

You may wish to use **food grade** desiccants during short term storage, something you will be opening and closing frequently like fruit powders, garlic powder etc. or things that are not packaged for the long term and are high in sugar, like candy.

For long term storage fruit powders that are very high in sugar may turn hard with an oxygen absorber, and you may wish to use a desiccant for storage. If using a desiccant and an Oxygen absorber, place the desiccant in the bottom of the bag, then add your food, then the oxygen absorber, and finally seal your container.

## Don't Skip the Defrost Process ❄️➡️💨

After each cycle, be sure to fully defrost your freeze dryer before starting a new batch. To speed up defrosting:

- ✅ Press and hold the leaf icon (upper left of your home screen) to manually activate the tray heaters.

- ✅ Place a clip-on fan aimed at the vacuum chamber to circulate warm air.

- ✅ This method reduces defrost time to 15-20 minutes instead of hours!

- 🔥 IMPORTANT: Don't forget to turn off the heaters when defrosting is complete.

By following these quick tips, you'll maximize the efficiency of your freeze dryer, extend the shelf life of your foods, and make the process smoother and more enjoyable.

# Storage 101: Protecting Your Freeze-Dried Food for Maximum Shelf Life

Proper storage is essential for maintaining the quality, longevity, and safety of your freeze-dried food. The key to successful long-term storage is eliminating the three biggest threats:

The 3 Worst Enemies of Freeze-Dried Food:

- ❶ Moisture – Can cause spoilage, mold growth, and loss of texture.
- ❷ Light – Degrades nutrients, alters taste, and shortens shelf life.
- ❸ Oxygen – Leads to oxidation, loss of flavor, and rancidity in fats and oils.

If you want your freeze-dried food to last for years (or even decades), these factors must be controlled through proper storage methods.

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## Moisture Control: The #1 Threat to Long-Term Storage

Even tiny amounts of moisture can compromise freeze-dried food and significantly shorten shelf life. Here's how to keep your food completely moisture-free:

- ✓ Ensure Food is Fully Dry: Weigh your food before freeze drying and after your freeze drying cycle is complete. Repeat. When the food is completely dry there should be no difference in your after weight, within scale tolerances. This indicates there is no more water to remove.
  - ✓ Store in a Low-Humidity Environment: Avoid basements, garages, or humid spaces.
  - ✓ Keep Food Off the Floor: Store food at least 6 inches above the ground to avoid moisture from concrete floors.
  - ✓ Use Mylar Bags & Oxygen Absorbers: Mylar prevents moisture from getting in, and oxygen absorbers help eliminate any residual oxygen.
  - ✓ Double-Seal for Extra Protection: When sealing Mylar bags, add a second seal above the first one for extra security.
  - ✓ Avoid storing food in extreme heat or extreme cold
- ♦ Pro Tip: If you're in a humid climate, consider using a dehumidifier in your storage area.
-

## Protecting Food from Light Exposure

- ✓ Use Mylar Bags: 5-mil and 7-mil Mylar bags effectively block light, preserving food quality.
- ✓ Store in a Dark Location: Keep food in pantries, cabinets, or storage bins that don't receive direct sunlight.
- ✓ Avoid Using Glass Jars for Long-Term Storage: Mason jars allow light exposure, which can cause food to fade and degrade. If you must use jars, store them in a dark location and cover them.
- ✓ Verify Mylar Quality: Not all Mylar bags are created equal. Choose food-grade, high-quality Mylar from trusted sources.

## Eliminating Oxygen to Prevent Spoilage

Oxygen is another major threat to freeze-dried food. It accelerates spoilage, leads to nutrient loss, and allows organisms and fungi to thrive.

- ✓ Use Oxygen Absorbers in Every Bag. The following chart shows suggested oxygen absorber size based on storage container size. This info is from PackFreshUSA

| <b>Absorption Required For Common Foods</b>   |   |  |   |
|---|---|--|---|
| Pack food tightly and fill containers completely to insure adequate absorption. If you are not certain which column your product should be in, use the greater quantity. There is nothing wrong with using more absorption than required. |   |  |   |
| <b>Container Size</b><br>(Fill completely)  | <b>Pinto beans, red beans, rice, sugar</b><br>(35% air) | <b>Flour, flax meal, instant mixes, powders, coffee beans</b> (50% air)* | <b>Pasta, cereal, instant potatoes, oatmeal, barley, dried corn</b> (75% air) |
| <b>1 Pint</b> (16 oz.)  | <b>50cc</b>   | <b>50cc</b>  | <b>100cc</b>  |
| <b>1 Quart</b> (32 oz.)   | <b>100cc</b>  | <b>100cc</b>   | <b>150cc</b>  |
| <b>1/2 Gallon</b> (64 oz.)  | <b>150cc</b>  | <b>200cc</b>   | <b>300cc</b>  |
| <b>#10 Can</b> (0.82 gallons)   | <b>250cc</b>  | <b>350cc</b>   | <b>500cc</b>  |
| <b>1 Gallon</b>   | <b>300cc</b>  | <b>400cc</b>   | <b>500cc</b>  |
| <b>1 1/2 Gallon</b>   | <b>450cc</b>  | <b>600cc</b>   | <b>800cc</b>  |
| <b>2 Gallon</b>   | <b>600cc</b>  | <b>800cc</b>   | <b>1000cc</b>   |
| <b>4.25 Gallon</b>  | <b>1200cc</b>   | <b>1700cc</b>  | <b>2000cc</b>   |
| <b>5 Gallon</b>   | <b>1400cc</b>   | <b>2000cc</b>  | <b>2500cc</b>   |
| <b>6 Gallon</b>   | <b>1700cc</b>   | <b>2300cc</b>  | <b>3000cc</b>   |

\*Despite the fact that items like flour and powdered mixes consist of very fine particles, they can contain a surprising amount of air. Also be aware that the often recommended 300cc per gallon is not enough for many food types like pasta.

### ✓ Vacuum-Seal for Maximum Protection

- A chamber vacuum sealer effectively removes oxygen from Mylar bags.
  - Some standard vacuum sealers do not work well with Mylar, so double-check compatibility before use.
- ♦ Pro Tip: Always reseal opened oxygen absorber packets inside a vacuum-sealed jar if not using them all at once.
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### Beware of Rodents! 🐭

Rodents love freeze-dried food and can chew through plastic bags, cardboard boxes, Mylar bags and sometimes even storage containers.

✓ Store Food in Rodent-Proof Bins: Use heavy-duty plastic totes, sealed buckets, or metal containers.

✓ Keep Food Off the Ground: Prevent rodents from accessing stored food by keeping it on shelves or elevated surfaces.

With the right storage practices, your freeze-dried food will stay fresh, nutritious, and ready for whenever you need it!



**This is not your everyday cookbook. These recipes are tried and true recipes tailored specifically for the freeze dryer. This cookbook is a handy resource for successful freeze drying recipes along with a few tips and tools for the avid freeze dryer. Our recipes include ingredients, instructions on how to prepare your food (and make it freeze dryer friendly), how to freeze dry it, cycle time, how to rehydrate it, and nutritional information. We hope you enjoy it.**

**Happy Freeze Drying!**

