

THE FREEZE DRYING COMMUNITY
PRESENTS

THE FREEZE DRYING COOKBOOK

VOLUME 3



FREEZE DRIED PANTRY INGREDIENTS * MEALS IN A JAR*
HOMEMADE MEALS * FREEZE DRIED CANDY*
AND MORE

Over 100 Recipes & Freeze Dried Ingredients

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The Freeze Drying Cookbook

Presented By: The Freeze Drying Community

Volume 3

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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

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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 Cinnamon Oatmeal Bars
- Backpackers Breakfast
- Blueberry Oatmeal Bars
- Breakfast Egg Bites
- Breakfast Quinoa
- Cinnamon Buttermilk Pancakes
- Protein Power Pancakes
- Pumpkin Spice Steel Cut Oats

Breakfast



Apple Cinnamon Oatmeal (Bars)

This recipe makes 6 cups of oatmeal to make about 20 bars



Ingredients

1 cup steel-cut oats
1 ½ cups water
1 ½ cups milk or protein powder mixed with water
1 ½ tsp cinnamon
½ tsp nutmeg
½ tsp ginger
1 tsp vanilla
3 apples

Directions:

1. Peel and dice the apples
2. Combine all ingredients in a pressure cooker and mix well.
3. Set the pressure cooker to high pressure for 4 minutes, then allow it to naturally release.
4. Spread the mixture evenly on a parchment-lined tray.
5. Push dividers into the tray, setting them to the desired bar size. (we like 20 portions for bar size and 40 portions for bite size)
6. Cover with a lid and freeze until completely solid.
7. Freeze dry (my cycle time was 28 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add ½ cup of warm water to 2 portions of a 20-portion tray (each containing about ¼ cup of oatmeal). Let it sit for a few minutes to rehydrate.

Notes:

Place the dividers based on how you want to portion the oatmeal-either for easy rehydration or as a grab-and-go snack bar. These make excellent snack bars.

You can also mix in ingredients like raisins or cranberries and adjust the flavors to suit your taste.

Nutritional Value Per 1 cup of oatmeal

Calories: 137 Protein: 3 g Fat: 3 g Carbohydrates: 27 g Sugar: 17 g Fiber: 3.5 g

Backpackers Breakfast

This recipe makes 16 cups or 8 large servings



Ingredients

2 cups basmati rice
2 cups chicken broth
2 cups water
1 cup frozen peas (or freeze-dried peas add $\frac{1}{3}$ c water)
2 apples
12 eggs
1 lb bacon or sausage

seasonings: italian seasoning, oregano, garlic salt, whatever you prefer

optional: shredded cheddar cheese

Directions:

1. Prepare the rice according to the package; use the chicken broth and water as the liquid.
2. Once the rice is cooked, stir in the peas and let them cook through
3. Cook your sausage or bacon in a skillet until fully cooked. Cut or chop it into small pieces, and if the protein is greasy, drain and rinse well
4. Chop the apples into small, thin pieces to ensure they freeze-dry easily. Set them aside.
5. In a bowl, whisk the eggs with 1 teaspoon of salt.
6. Scramble them in a skillet and cook until they are just slightly undercooked, as they will finish cooking when mixed with the hot rice.
7. In a large mixing bowl, combine the cooked rice and peas with the chopped bacon or sausage, scrambled eggs, and chopped apples. Stir everything together until well mixed.
8. Add parchment paper to your trays
9. Divide the mixture evenly on your trays (we used 2 large trays)
10. If using cheese, add shredded cheese to a separate tray
11. Place dividers (if you choose). We used 4 portions per tray
12. Pre-freeze before Freeze Drying, when possible
13. Freeze Dry (my cycle time was 31 hours)
14. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

If using freeze-dried cheese, add $\frac{1}{2}$ cup per serving when bagging or before rehydrating. To rehydrate, add 1 cup boiling water to 1 divider portion, let sit for 5 minutes, and stir. If you did not use dividers, use 2 cups of freeze-dried mix with 1 cup boiling water. You can also rehydrate directly in a mylar bag—ideal for camping.

Nutritional Value Per 2 Cup Serving

Calories: 418 Protein: 22 g Fat: 25 g Carbohydrates: 22 g Sugar: 7 g Fiber: 2 g

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Blueberry Oatmeal Bars

This recipe makes 6 cups of oatmeal to make bars from



Ingredients

1 cup steel cut oats
1 ½ cups water
1 ½ cups milk or protein powder mixed with water
1 ½ tsp cinnamon
½ tsp nutmeg
½ tsp ginger
1 tsp vanilla
2 cups washed blueberries
¼ - ½ cup PB2 powder

Directions:

1. Combine all ingredients in a pressure cooker and mix well.
2. Set the pressure cooker to high pressure for 4 minutes, then allow it to naturally release.
3. Spread the mixture evenly on a parchment-lined tray.
4. Push dividers into the tray, setting them to the desired bar size.
5. Cover with a lid and freeze until completely solid.
6. Freeze dry (my cycle time was 28 hours)
7. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add ½ cup of warm water to 2 portions of a 20-portion tray (each divider portions contains about ¼ cup of oatmeal). Let it sit for a few minutes to rehydrate.

Notes:

Place the dividers based on how you want to portion the oatmeal-either for easy rehydration or as a grab-and-go snack bar. These make excellent snack bars.

You can add freeze-dried blueberries during rehydration for extra chunkiness. If you prefer a stronger blueberry or peanut butter flavor, simply increase the amount of blueberries and PB2 powder.

Nutritional Value Per 1 cup of oatmeal

Calories: 280 Protein: 12 g Fat: 6 g Carbohydrates: 45 g Sugar: 14 g Fiber: 7 g

Breakfast Egg Bites

This recipe makes about 48 mini muffin bites



Ingredients

2 ¼ **cup**s shredded potatoes (thawed)
1 **lb** cooked sausage (drained & rinsed well)
⅓ **cup** diced pepper
⅓ **cup** diced onion
1 **cup** diced mushrooms
6 eggs
½ **cup** milk of choice
1 **tsp** Worcestershire sauce

Salt and pepper to taste

Optional: finely shredded cheese

Directions:

1. Preheat your oven to 350°F
2. Lightly grease two 24-cup mini muffin tins
3. In a large bowl, combine the shredded potatoes, cooked sausage, diced peppers, onions, and mushrooms.
4. Evenly distribute the mixture into the 48 mini muffin tin cups
5. Bake the filled muffin tins for 15 minutes or until the potatoes are fully cooked
6. While the veggie mixture is baking, combine the eggs, milk, salt, pepper, and Worcestershire sauce in a bowl
7. Use an immersion blender or whisk thoroughly to ensure the mixture is well combined
8. Pour the egg mixture over the baked veggie mix, filling each muffin cup just to the top
9. If desired, sprinkle shredded cheese over each muffin for extra flavor.
10. Return the muffin tins to the oven and bake for an additional 5-10 minutes, or until the eggs are fully set and springy to the touch
11. Allow the mini muffins to cool slightly before removing from the tins
12. Let cool, and then place each breakfast bite onto a parchment-lined 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:

Place 1 mini muffin in a small bowl and add 1 tablespoon of hot tap water to the bowl. Let it sit for 3-5 minutes. The muffin will soak up the hot water. Avoid using boiling water, as the eggs are already fully cooked and could become overcooked. You can pop this in the microwave for 20-30 seconds after rehydrating for an even yummiier bite.

Nutritional Value Per 1 mini muffin

Calories: 42 Protein: 2 g Fat: 2 g Carbohydrates: 1 g Sugar: <1 g Fiber: <1 g

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Breakfast Quinoa

This recipe makes 6 cups of quinoa



Ingredients

4 cups coconut or oat milk

2 cups rinsed quinoa

Mix In Ideas:

2 tsp ground cinnamon

2 cups of peaches, blueberries, strawberries etc

Directions:

1. In a large saucepan, bring milk to a boil over medium heat, stirring occasionally and reducing heat when it starts to boil.
2. Add the quinoa and cover. Simmer for 15-20 minutes until the quinoa absorbs all the liquid.
3. Remove from heat, and add any mix-in ingredients. (fruits, spices etc)
4. Spread the quinoa evenly on your trays
5. Place dividers (if you choose). We like to use 10 portions per tray
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:

Add ½ cup of boiling water to 2 divider portions or about 1 ¼ cups of quinoa. Cover and let sit for 5 minutes, stir. Add additional liquid if needed. Enjoy

Notes:

If you add blueberries, you will want to poke or cut them in half to ensure they dry. If adding strawberries, allow extra dry time to compensate for the seeds in the strawberries. If you are using fruit, you may need to allow extra rehydration time for the fruit to rehydrate.

Nutritional Information for 2 divider portions or about 1 ¼ cups with no mix-ins

Calories: 265 Protein: 7 g Carbohydrates: 43 g Fat: 6 g Sugar: 3 g Fiber: 4 g

Cinnamon Buttermilk Pancakes

This recipe makes about 6 cups of batter



Ingredients

2 **cups** flour
3 **tbsp** sugar
1 ½ **tsp** baking powder
1 **tsp** baking soda
2 **cups** buttermilk (can use 2 ½ teaspoons of cream of tartar & 2 cups of milk, for lower fat)
1 ½ **tsp** vanilla extract
½ **tsp** cinnamon
1 egg
1/4 **cup** apple sauce

Directions:

1. In a large mixing bowl, whisk together flour, sugar, baking powder, baking soda, and cinnamon.
2. In a separate bowl, whisk together the egg, vanilla extract, applesauce, and buttermilk until smooth
3. Gradually add the wet ingredients to the dry ingredients, stirring gently until just combined. Avoid overmixing—a few lumps are okay
4. Line your trays with parchment paper and pour the batter evenly,
5. Add dividers if using, for easy portions
6. Pre Freeze when possible
7. Freeze dry (my cycle time was 29 hours)
8. Powder the mix before packaging for a smoother texture.
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 cups of water to 2 cups of freeze-dried pancake mix. Allow to sit for 5 minutes. Stir and adjust the liquid if necessary. Cook in a skillet with a little oil.

Notes:

For fluffier pancakes, use 50/50 milk and water when rehydrating.

Nutritional Value Per 1 medium pancake or 1/6 th of recipe

Calories: 182 Protein: 5 g Fat: 2 g Carbohydrates: 32 g Sugar: 8 g Fiber: 1 g

Protein Power Pancakes

This recipe makes 5 cups of batter



Ingredients

1 block extra firm tofu
2 cups milk
1 tbsp maple syrup

2 cups flour
1 tsp baking powder
½ tsp vanilla

Directions:

1. In a blender, combine the tofu, milk, and maple syrup. Blend until smooth and creamy.
2. In a large mixing bowl, whisk together the flour, baking powder, and vanilla extract.
3. Pour the blended tofu mixture into the dry ingredients. Stir until just combined—be careful not to overmix.
4. Line your trays with parchment paper and pour the batter evenly, using portion dividers to create 10 equal servings.
5. Pre Freeze when possible
6. Freeze dry (my cycle time was 26 hours)
7. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 3/4 cup of milk or water to one portion of the freeze-dried pancake mix (1 of 10 portions). Let the mixture sit for a few minutes to fully absorb the liquid, then whisk again until smooth. Cook as desired.

Notes:

For fluffier pancakes, use milk instead of water when rehydrating.

Nutritional Value Per 1 /10th portion

Calories: 140 Protein: 6 g Fat: 3 g Carbohydrates: 23 g Sugar: 4 g Fiber: 3 g

Pumpkin Spice Steel Cut Oats

This recipe makes 18 cups of oatmeal



Ingredients

1 cup pumpkin puree
1 ½ cups steel-cut oats
1 tablespoon cinnamon
2 tablespoons pumpkin pie spice
½ teaspoon sea salt
½ cup brown sugar
½ cup raisins
3 cups water
3 cups milk of choice
3 additional cups water to thin before adding to trays

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

Directions:

1. Add all the ingredients to the instant pot except for the last 3 cups of water
2. Stir all ingredients together thoroughly to ensure even distribution.
3. Secure the lid and set the Instant Pot to High Pressure for 30 minutes. Allow the pressure to release naturally
4. Stir it and then mix in 3 additional cups of water
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 then add the additional 3 cups of water before adding to the trays
6. Spread the oatmeal evenly on your trays (about 5-6 cups per tray)
7. Place dividers (if you choose). We used 10 portions
8. Pre-freeze before Freeze Drying, 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 With divider portions: Add ½ cup of boiling water to 2 of your 10 portion squares. Cover and let it sit for 5 minutes. Stir and enjoy

Rehydration Without dividers: Add about 1 cup of boiling water to 2 cups of freeze-dried oatmeal chunks. Cover and let it sit for 5 minutes. Stir and enjoy

Nutritional Value for approximately 1 cup serving before freeze-drying
Calories: 136 Protein: 4 g Fat: 2 g Carbohydrates: 25 g Sugar: 13 g Fiber: 3 g

- Blueberry Peach and Spinach Smoothie
- Electrolyte Drink - Homemade
- Freeze Dried Skittles Martini
- Immunity Boosting Tea
- Milk Chocolate Hot Chocolate
- Smoothie in a Jar

Drinks



Blueberry, Peach & Spinach Smoothie

This recipe makes 2- 1 ½ cup servings



Ingredients

1 cup blueberries (fresh or frozen)
2 cups peach slices (fresh or frozen)
2 cups packed spinach
1 cup milk of choice (dairy or plant-based)
1 teaspoon honey

Optional: 1 scoop of vanilla protein powder

Directions:

1. In a blender, add the blueberries, peach slices, and spinach.
2. Pour in the milk of your choice and add the honey.
3. If using, add the scoop of vanilla protein powder
4. Blend on high speed for 30-60 seconds or until all ingredients are fully combined, and there are no chunks
5. Add parchment paper to your trays
6. Spread the smoothie evenly on your trays
7. Place dividers (if you choose). We found using four portions per tray works well
8. Pre-freeze before Freeze Drying, 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 With divider portions: Add 1 of your 4 divider portions to a blender as well as 1 ½ cups of water or milk. Blend until smooth*. OR Add 1 portion to a shaker bottle and 1 ½ cups of milk or water. Let it sit for a few minutes, then shake to mix. It may take a bit longer to rehydrate if it is not in powder form.

Rehydration Without dividers: Powder in a blender before storing. Add ¾ C of powder to a shaker or blender. Add 1 ½ cups of milk or water. Shake or blend* until smooth. *Add ice to the blender if you want a thicker smoothie.

Nutritional Value Per 1 Cup Serving before freeze-drying

Without protein powder per 1 cup serving

Calories: 117 Protein: 4 g Fat: 1 g Carbohydrates: 25 g Sugar: 21 g Fiber: 2 g

With protein powder per 1 cup serving (this could vary with different protein powders)

Calories: 157 Protein: 12 g Fat: 1 g Carbohydrates: 26 g Sugar: 21 g Fiber: 2 g

Electrolyte Drink- Homemade & All Natural

This recipe makes about 2 cups



Ingredients

1 cup watermelon
1 orange
1 lemon
1 cup coconut water
1 tsp sea salt

Directions:

1. Prepare the fruit by peeling and chopping as needed. (For this recipe, it's recommended to remove the peels.)
2. Add the prepared fruit to a blender.
3. Pour in the coconut water and add the sea salt.
4. Blend until smooth.
5. Add parchment paper to your tray
6. Spread the drink evenly on your tray-add lids for easier carrying
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 31 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add $\frac{3}{4}$ cup of electrolyte powder to 1 cup of cold water. Stir, shake or blend to mix. Enjoy

Notes:

If you have difficulty staying hydrated or are training for a big race, this hydration drink is all-natural and rehydrates like the powders you buy in the store. The electrolyte data is:

Sodium: 1128mg

Potassium: 515mg

Magnesium: 47mg

Calcium: 65mg

****If you have high blood pressure, kidney issues, or other health concerns, consult your doctor before consuming electrolyte drinks with added sodium to ensure they align with your dietary needs.**

Nutritional Value Per 1 cup

Calories 171 Carbohydrates 41 g Protein 4 g Fat 0 g Sugar 32 g Fiber 5 g

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Freeze Dried Skittles Martini

This recipe makes one Martini



Ingredients

1 oz Skittles-infused vodka
2 oz sweet and sour mix
3 oz lemon-lime soda
Skittles - freeze dried, may want regular for infusing the vodka but not required
ice cubes
water (for rimming the glass)

Directions:

1. Add Skittles to vodka and let it sit for 4 hours or until the Skittles dissolve. You can use freeze-dried Skittles for faster infusion, but it is not required.
2. (Optional) Strain the infused vodka to remove any remaining grit.
3. Blend freeze-dried Skittles into a fine powder.
4. Dip the rim of a glass in water, then coat it with the Skittles powder.
5. In a cocktail shaker, combine 1 oz of Skittles-infused vodka, 2 oz of sweet and sour mix, and ice cubes. Secure the lid and shake well.
6. Add 3 oz of lemon-lime soda to the shaker, secure the lid, and gently swirl to mix.
7. Pour the mixture into your prepared glass.
8. Enjoy! Please drink responsibly.

Rehydration:

Not Applicable

Notes:

Adding only one color of Skittles to the vodka will let you control the color, so for St. Patrick's day if you only use green Skittles you will have green vodka.

Nutritional Value Per Drink

Calories: 195 Protein: 0 g Fat: 0 g Carbohydrates: 30 g Sugar: 30 g Fiber: 0 g

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This recipe makes 2 drinks



8-10 oz of hot water (not boiling)
1 tbsp freeze dried lemon powder
2 tbsp high quality honey
1 tsp - 1 tbsp freeze dried ginger powder
 (this will be a personal preference)

Directions:

1. Add all ingredients into a 16 oz or larger mug.
2. Stir continuously until all powders are dissolved.
3. Drink

Vitamin C begins to break down around 370°F, using hot water will not negate the immunity boost from the vitamin C.

Vitamin C: ~34.63 mg, Vitamin A: ~14.37 IU, Folate: ~7.19 mcg, Vitamin B6: ~ 0.053 mg
Niacin (B3): ~ 0.065 mg, Riboflavin (B2): ~ 0.0113 mg, Thiamin (B1): ~ 0.026 mg
Pantothenic Acid: ~ 0.125 mg

Nutritional Value Per 1 serving of tea with 1 tsp of ginger powder
Calories: 155 Protein: 0 g Fat: 0 g Carbohydrates: 49 g Sugar: 40 g Fiber: 1 g

Milk Chocolate Hot Chocolate

This recipe makes 30 ¼ cup pucks or 5-12 oz servings



Ingredients

3 cups milk of choice (I use 1%) divided
3 cups half & half
¼ tsp sea salt
6 oz milk chocolate chips
6 oz bittersweet chocolate chips

Directions:

1. In a large saucepan, combine the chocolate chips and 1 cup of milk. Heat over medium-low, stirring constantly until the chocolate chips are fully melted and the mixture is smooth.
2. Add the salt, the remaining 2 cups of milk, and the half & half.
3. Stir frequently over medium-low to medium heat, bringing the temperature up until you can see heat rising from the hot chocolate. Be careful not to scald the milk.
4. Let the mixture cool slightly.
5. Pour ¼ cup of hot chocolate into round silicone molds. Using ½ cup molds is recommended to make transferring to the freezer easier and to keep the pucks thinner for freeze drying.
6. Freeze until completely solid.
7. Remove the frozen hot chocolate pucks from the molds, place them on parchment-lined trays
8. Freeze dry (my cycle time was 24 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 1¼ to 1½ cups of boiling water to 6 hot chocolate pucks in a large mug. Stir well, then let sit for 2-3 minutes to allow the chocolate to fully dissolve. Stir again, let it cool to a safe drinking temperature, and enjoy.

Notes:

For an extra touch, top your hot chocolate with whipped cream, marshmallows, or a sprinkle of cocoa powder. You can also add a cinnamon stick or chocolate shavings for extra flavor and presentation.

Nutritional Value Per 12 oz serving

Calories: 304 Protein: 8.6 g Fat: 17.6 g Carbohydrates: 33.6 g Sugar: 26.4 g Fiber: 3.6 g

Smoothie in a Jar - Freeze Dried Pantry

This recipe makes enough for an 8 oz jar



Ingredients

1 ½ tbsp freeze-dried strawberry
yogurt (or yogurt of choice)
½ tbsp cacao
1 tbsp freeze-dried kale
1 tbsp freeze dried spinach
1 tbsp freeze-dried raspberry powder
1 tbsp freeze-dried blueberry powder
1 tbsp collagen
1 tbsp ground flaxseed
1 tbsp moringa powder
1 tbsp turmeric

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

This recipe was contributed by Larry Deubler

Directions:

1. Layer all of the ingredients in a jar.
2. Store appropriately for short term or long term use.

Rehydration:

Add all ingredients to a blender/smoothie blender. Add 300mL (a little over 10 oz) of water to the blender and blend. Let sit for a few minutes. Blend again and add more water if needed to reach desired consistency. Or you can add ice in place of some water if you prefer.

Notes:

This smoothie is a nutritional powerhouse! It's packed with vitamins, antioxidants, fiber, and so much more, giving your body a delicious and energizing boost with every sip!

Nutritional Value Per 1 serving

Calories: 239 Protein: 17 g Fat: 6 g Carbohydrates: 33 g Sugar: 12 g Fiber: 12 g

- Buttermilk Starter
- Ginger Powder
- Gluten Free Chickpea Flour
- Microgreens
- Raspberry Powder
- Spinach Powder
- Turmeric Powder
- Vegetable Scrap Broth
- Velveeta Powder



Herbs, Spices, & Dry Goods

Buttermilk Starter

This recipe makes 4 cups of starter



Ingredients

¼ cup buttermilk with live cultures
3 ¾ cup milk

This recipe contributed by Matha Rayon

Directions:

1. Pour the buttermilk and milk into a quart jar, leaving about 1 inch of headspace. You may not need the full amount of milk.
2. Loosely screw the lid onto the jar to allow airflow, then place it in a warm area away from other cultures or ferments.
3. Let the mixture sit for 8 to 12 hours, or longer if you prefer a thicker consistency.
4. Once the buttermilk has thickened to your liking, secure the lid tightly and refrigerate for 6 to 8 hours.
5. Shake the jars well to ensure the buttermilk is evenly mixed.
6. Pour the buttermilk into the trays first, then use the 40-portion arrangement of dividers.
7. Pre-freezing the buttermilk in a separate freezer is recommended but not required before freeze-drying.
8. Set your freeze-dryer to **-20°F** for non-frozen buttermilk and a drying temperature of **110°F**.
9. Place the prepared buttermilk in the freeze-dryer and begin the process. (my cycle time was 31 hours)
10. Powder in a blender or using a rolling pin before storing.
11. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Use 8 grams (or 2.5 tablespoons) of starter per quart of milk. Since buttermilk powder is very light and flaky, weighing it is much more accurate and convenient than measuring by volume.

Notes:

You can also use commercially prepared cultures—just follow the instructions on the package. Nutritional value is based on using whole milk for rehydration.

Nutritional Value Per 1 Quart

Calories: 610 Protein: 32 g Fat: 32 g Carbohydrates: 48 g Sugar: 48 g Fiber: 0 g

Ginger Powder

8 lbs of ginger yielded just over 2 quarts of powder



Ingredients

8 lbs ginger roots

Directions:

1. Clean the ginger by soaking the ginger roots in water, then scrub thoroughly to remove any dirt. Peeling is not necessary.
2. Prepare for processing by breaking the ginger into smaller pieces to make it easier to blend.
3. Chop finely using a food processor. Pulse the ginger until it reaches the smallest possible consistency.
4. Line your freeze dryer trays with parchment paper to prevent sticking.
5. Distribute the processed ginger evenly across the trays for uniform drying.
6. Optional Pre-Freezing: You may choose to pre-freeze the ginger before freeze-drying, but this step is not required.
7. Freeze-Dry (my cycle time was 31 hours)
8. Grind into Powder: Once dried, use a food processor or spice grinder to blend the ginger into a fine powder for storage and use.
9. Store the powdered ginger in airtight jars and vacuum seal them if possible to maintain freshness. Mylar bags are also a great option—just be sure to remove as much air as possible before sealing. Keep in mind that fine powders absorb moisture more quickly than solid foods, so proper storage is essential to preserve quality and shelf life. Or capsule them for a dietary supplement.

Rehydration:

Not intended for rehydration. Add the ginger powder to your spice drawer and your freeze dried pantry stock. You can also make ginger capsules with the powder.

Notes:

When harvesting ginger, set aside the larger, healthier root stalks for replanting. Just break off the smaller root shoots for processing and save the rest. This allows for continuous growth, ensuring a fresh supply for the following year. Simply replant and new shoots will sprout.

Nutritional Value Per 1 teaspoon

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

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Gluten Free Chickpea Flour

This recipe will make approximately 3 cups of flour



Ingredients

3 - 15 ounce cans chickpeas, drained

~OR~

1 $\frac{3}{4}$ cups dried chickpeas, cooked

Directions:

1. Prepare the chickpeas; if canned, drain and rinse them thoroughly; if using cooked chickpeas, ensure they are fully cooled.
2. Pulse the chickpeas in a food processor until they reach a coarse consistency, then spread them evenly on a parchment lined tray.
3. Freeze dry (my cycle time was 31 hours)
4. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended, the intended use is for this to be used as gluten free flour.

Notes:

This recipe filled one small tray, so multiple recipes can be used to fill multiple trays.

Nutritional Value Per 1/4 cup (28g) of flour

Calories: 110 Protein: 6 g Fat: 2 g Carbohydrates: 18 g Sugar: 3 g Fiber: 5 g

Microgreens

6 cups of microgreen paste makes about 1/2 cup of powder



Ingredients

3.5 oz of fresh salad greens made **1/4 cup** powder

3 oz of fresh turnip greens made **1/4 cup** powder

3 oz of radish greens made **1/4 cup** powder

5 oz of pea sprouts made just over **1/3 cup** powder

3.5 oz of fresh wheatgrass made **1/2 cup** powder

Directions:

Whole Microgreens

1. Trim the greens as close as possible to the seed
2. Place them spread out on the tray
3. Pre freezing is recommended
4. Freeze dry (My cycle time was 12 hours when pre frozen)
5. Blend into a fine powder for use as a spice or topper, or leave in larger chunks for a different texture

Pureed to a Paste Microgreens

1. Trim the greens as close as possible to the seed.
2. Mix the greens with a small amount of water in a blender to create a paste
3. Spread evenly across a parchment lined tray
4. Pre freezing is recommended
5. Freeze dry the paste (My cycle time was 12 hours when pre frozen)
6. Blend the freeze-dried paste into a fine powder

Rehydration:

FD microgreens are a great way to add nutrition into your diet. Add to smoothies or meals you are cooking. They can also be used as spices.

Notes:

Set the freeze dryer to Initial Freeze at -10°F, Extra Dry Time at 0:00, and Dry Temp at 120°F, press start, and wait for the machine to cool below freezing before adding pre-frozen items.

If growing your own microgreens, you can collect and store frozen in a sealed container until you have a large amount to freeze dry.

Nutritional Value Per 4 tsp of Freeze Dried Pea Microgreen Powder

Calories: 27 Protein: 3.8 g Fat: 0.4 g Carbohydrates: 4 g Sugar: 0 g Fiber: 3.3 g

Raspberry Powder

This recipe will yield 3 Cups of puree and 1½ cups of powder



Ingredients

2.5 lbs black raspberries

~OR~

Other fruit of choice
(puree amount will vary by fruit)

Contributed By: Karen Harmsworth

Directions:

1. Prepare washed raspberry pulp/puree; by using a berry press to separate the seeds and hard pitted, or blend them in a blender or food processor and process until smooth
2. Spread the purée on parchment-lined freeze-dryer trays, ensuring the layer is no thicker than ½ inch. You may choose to use dividers to help with the drying process.
3. Pre-freeze the purée by placing the trays in the freezer with stackers or lids. Freeze for at least 24 hours or until the purée is completely solid. Since fruit is high in sugar, this step helps prevent spills and messes in the freeze dryer
4. Freeze dry (my cycle time was 48 hours)
5. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

This is an ingredient intended to be used in other recipes

Notes:

Allow extra drying time if your purée contains seeds from raspberries, blueberries, strawberries, or similar fruits. Seeds tend to retain moisture longer than the rest of the purée, which can result in uneven drying. Ensuring they are fully dried will improve the texture and shelf life of the final product.

Nutritional Value Per 1 tbsp of (7g) of Raspberry Powder

Calories: 25 Protein: 0.5 g Fat: 0.1 g Carbohydrates: 6 g Sugar: 3 g Fiber: 3g

Spinach Powder

7 cups of raw spinach will make about 4-5 cups of puree



Ingredients

Washed spinach

Water

Directions:

1. Pour 1/2 cup of water into the bottom of the blender.
2. Add a small amount of spinach and blend until smooth.
3. Continue adding more spinach in small amounts, blending each time, until you have enough puree to fill one freeze dryer tray.
4. Line the freeze dryer tray with parchment paper.
5. Pour the spinach puree onto the tray and spread it evenly.
6. If desired, place dividers on the tray to portion servings.
7. Freeze until completely solid.
8. Freeze dry (my cycle time was 24 hours)
9. Blend into a powder using a blender, or crush into a powder by placing it in a large zip-style bag and rolling over it with a rolling pin.
10. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

This powder is not meant to be rehydrated on its own. It can be encapsulated or mixed into smoothies, soups, and other recipes while cooking.

Notes:

You can purchase a capsule-filling machine to easily make your own spinach powder capsules at home. Simply fill empty capsules with the powder for a convenient way to take spinach as a supplement.

Nutritional Value Per 1.5 tsp powder

Calories: 7 Protein: 1 g Fat: 0.1 g Carbohydrates: 1.1 g Sugar: 0.1 g Fiber: 0.7 g

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Turmeric Powder

This recipe has a volume of 12-15 Cups before freeze drying



Ingredients

Fresh Or Raw Turmeric Rhizomes

3 lbs of Turmeric Rhizomes will make about 15 Cups of minced turmeric

Directions:

1. Soak the turmeric in water for 20 minutes to loosen dirt and wash the skins. Alternatively, peel the turmeric or scrub it with a soft-bristle brush.
2. Cut the rhizomes into smaller pieces and place them in a food processor. Pulse until finely minced. The finer the mince, the easier it will be to powder after freeze drying. (Be aware that turmeric can stain surfaces and hands.)
3. Spread the minced turmeric evenly on parchment-lined trays, ensuring a thin, even layer for optimal drying.
4. Freeze dry until completely dry and brittle. (my cycle time was 31 hours)
5. Transfer the freeze-dried turmeric to a food processor or blender and grind it into a fine powder.
6. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended. Use this powder in recipes as is.

Notes:

Turmeric is packed with health benefits, thanks to its anti-inflammatory and antioxidant properties, primarily from curcumin. Once freeze-dried and powdered, it can be used in smoothies, teas, soups, or homemade spice blends. You can also make your own turmeric capsules for easy daily supplementation. For better absorption, pair turmeric with black pepper.

Nutritional Value Per 1 tsp

Calories: 8 Protein: 0.3 g Fat: 0.1 g Carbohydrates: 1.4 g Iron: 3% DV Manganese: 17% DV

Vegetable Scrap Broth

8 cups of vegetable scraps is about 1 cup of broth powder



Ingredients

Vegetable scraps you have saved up from cooking. See below for more details.

Common Vegetable Scraps for Broth:

Onion Skins & Ends – Adds depth and color
Garlic Skins & Ends – Enhances flavor
Carrot Peelings & Tops – Adds sweetness.
Celery Leaves & Ends – Contributes a mild flavor
Leek Tops & Green Parts – Boosts richness.
Mushroom Stems – Adds a deep, umami flavor.
Potato Peelings – Creates a thicker, heartier broth.
Tomato Ends & Skins – Adds acidity and sweetness.
Bell Pepper Cores & Ends – Adds a subtle sweetness.
Corn Cobs & Husks – Adds natural sweetness
Herb Stems – Enhances aroma and flavor.
Green Bean Ends – Mild and slightly sweet.
Parsnip Peelings & Ends – Brings sweetness
Beet Peelings & Tops – Adds a deep, earthy flavor
Zucchini & Squash Peelings – Mild & slightly sweet.

Vegetable Scraps to Avoid (or Use Sparingly):

Broccoli & Cauliflower Stems/Leaves – Can make broth bitter.
Kale, Collard, or Mustard Greens – Too strong and bitter.
Artichoke Leaves – Can be overly tough and bitter.
Radish Peelings – May add too much spiciness.
Eggplant Skins – Can be bitter.
Cabbage or Brussels Sprout Leaves – Adds depth but should be used sparingly to avoid bitterness.

Too Many Starchy Vegetables (Sweet Potatoes, Pumpkin, etc.) – Can make the broth cloudy and thick.

Directions:

1. Add parchment paper to your trays
2. Spread the vegetable scraps evenly on your freeze-dryer trays
3. Pre Freeze when possible
4. Freeze dry (my cycle time was 35 hours)
5. Powder freeze-dried vegetables with a high-powered blender or food processor
6. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Dissolve 1 tablespoon of broth powder in 1 cup of hot water. Stir well and use as desired in recipes

Notes:

Save your scraps in the freezer until you have enough to fill your tray(s). For bullion cubes, blend your scraps with a bit of water to make a paste. Pour it onto your trays, add the 40-portion divider & freeze-dry

Velveeta Powder

2 lbs of Velveeta makes about 4 cups of powder



Ingredients

2 lb Velveeta

Directions:

1. Cube or thinly slice the Velveeta
2. Add parchment paper to your trays
3. Place Velveeta in a single layer on your trays
4. Pre-freeze when possible.
5. Freeze dry (my cycle time was 22 hours).
6. Powder in a blender or food processor
7. Store in jars for short-term use or in mylar bags for long-term storage.

Rehydration:

You can add this to cheese soups or rehydrate for a cheesy dip or sauce.

Here are a few ideas:

For a cheese dip consistency: add 1-1/4 to 1-1/2 cup of boiling water 2 cups of freeze dried Velveeta powder. Serve with cut up veggies or stir in your favorite ingredients (ground beef, tomatoes, onions, peppers, etc) for a queso dip.

For a boxed mac & cheese copycat add about 4 tbsp of Velveeta cheese powder to 3 cups of cooked macaroni along with 1 tbsp of butter and 2 tbsp of milk.

Notes:

2 lb of Velveeta will make about 4 cups of powder.

Nutritional Value Per 1 oz of Velveeta

Calories: 70 Protein: 4 g Fat: 4 g Carbohydrates: 3 g Sugar: 2 g Fiber: 0 g

- BBQ Chicken -Freeze Dried Pantry
- Beef & Sweet Potato Enchilada Filling
- Beef & Broccoli Stir Fry
- Chicken and Chickpea Tikka Masala
- Chicken Broccoli Alfredo in a Jar - Freeze Dried Pantry
- Chicken Burrito Bowl in a Jar - Freeze Dried Pantry
- Chicken Noodle Skillet in a Jar - Freeze Dried Pantry
- Chicken Skillet Casserole - Freeze Dried Pantry
- Chicken Tacos - Freeze Dried Pantry
- Chicken Teriyaki Skillet Casserole
- Chicken Tikka Masala
- Easy Creamy Goulash
- Homemade Spaghetti Sauce
- Italian Beef
- Jalapeño Peach Chicken
- Lemon Chicken Rigatoni
- Pineapple Chicken
- Pineapple Chicken & Rice
- Pumpkin Curry
- Ramen
- Shredded Chicken
- Skillet Chicken and Mushrooms
- Skillet Chicken with Spinach and Mushrooms and Rice
- Turkey Egg Roll Bowl



Meats & Main Dishes

BBQ Chicken

Freeze-Dried Pantry

This recipe makes about 12 servings



Ingredients

6 cups freeze-dried shredded chicken
2 cups barbecue sauce
OR

1 ½ cups freeze dried bbq sauce
powder + **2 cups** of water
½ cup apple cider vinegar
3 ½ cups chicken broth

Salt and pepper to taste

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

Directions:

1. In a medium pan, whisk together barbecue sauce (rehydrate if using freeze dried), apple cider vinegar, and ½ cup of broth.
2. Bring sauce to a simmer and reduce heat to medium-low, keeping the sauce at just a simmer. Cover and cook for 5 minutes. Then remove the lid and simmer for 5 more minutes until the sauce begins to thicken.
3. In a separate pot add 3 cups of broth and the freeze-dried shredded chicken. Cover and simmer on low until the chicken rehydrates (about 10 minutes). This works best in large pot or frying pan so the chicken can be in a thin layer on the bottom and ve covered in the broth
4. Drain any excess liquid from the rehydrated chicken and add the chicken to the sauce.
5. Simmer for about 5 minutes. Enjoy

Nutritional Value Per 1 serving or about ½ cup

Calories: 205 Protein: 18 g Fat: 5 g Carbohydrates: 19 g Sugar: 16 g Fiber: 0 g

Beef & Sweet Potato 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
1 lb lean ground beef
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

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. Cook the ground beef and rinse to remove excess fat. Set aside
4. While the sweet potatoes cook, dice the onions. 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. Reduce the heat and add the ground beef and the cooked sweet potatoes to the pot
7. Add the cumin, chili powder, and salt to the pot and stir to incorporate. Remove from heat.
8. Mash avocados until smooth, creating a guacamole-like texture. Add the lime juice to the mashed avocados
9. Stir the avocado mixture into the sweet potato and beef mixture to add creaminess without the need for cheese or sour cream
10. If using cheese, mix it in while the filling is still hot to help it melt
11. Add parchment paper to your trays. Spoon the sweet potato and beef filling onto trays
12. Place dividers (if you choose). We like to use 10 portions per tray
13. Pre Freeze when possible
14. Freeze dry (my cycle time was 28 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 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: 333 Protein: 14 g Fat: 17 g Carbohydrates: 30 g Sugar: 3 g Fiber: 4 g

Beef and Broccoli Stir Fry

This recipe makes 5 cups of stir fry and is 4 servings



Ingredients

1 ¼ lbs thinly sliced steak (recommend flank or sirloin)
¼ cup beef broth
2 cups broccoli florets
2 tsp minced garlic
2 tsp fresh minced ginger
¼ cup oyster sauce
1 tsp sugar
2 tsp toasted sesame oil
1 tsp soy sauce
1 tsp cornstarch
Salt
Pepper

Directions:

1. Heat a large skillet or wok over medium heat, add the broccoli and a little broth to prevent sticking, Heat a large skillet or wok over medium heat; add broccoli with a splash of broth and cook for 4 minutes until tender.
2. Add ginger and garlic, cook for 30 seconds, then remove from the pan and cover.
3. Clean the pan, turn heat to high, and reheat.
4. Season steak with salt and pepper, arrange in a single layer (cook in batches if needed), and cook for 3–4 minutes per side until browned and done.
5. Return the broccoli to the pan and cook for 2 minutes until warmed.
6. In a bowl, whisk together oyster sauce, broth, sugar, sesame oil, and soy sauce; separately, mix cornstarch with 1 tablespoon cold water.
7. Pour the sauce over the meat and broccoli, cook for 30 seconds, then add the cornstarch mixture and bring to a boil.
8. Boil for 1 minute until the sauce thickens.
9. Cool and spread on parchment-lined trays using dividers set for 4 portions.
10. Pre Freeze when possible
11. Freeze dry (my cycle time was 24 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Place one serving in a bowl and pour 1 cup of boiling water over it. Stir, cover, and let sit for 8–10 minutes. Stir again, adding 1/4 cup extra water if needed, then serve

Notes:

You may want to serve this dish with rice, which offers a soft, absorbent base for sauces, or rice noodles, which provide a light, chewy texture.

Nutritional Value Per 1 serving

Calories: 260 Protein: 29 g Fat: 11 g Carbohydrates: 7 g Sugar: 2.8 g Fiber: 1.2 g

Chicken and Chickpea Tikka Masala

This recipe makes about 4 cups



Ingredients

3 tbsp masala paste, divided
1/2 cup plain Greek yogurt
8 oz boneless, skinless chicken breast, diced
3/4 cup canned chickpeas, rinsed and drained
3/4 cup full-fat coconut milk
1/2 cup tomato puree

Sea salt, to taste

Directions:

1. In a mixing bowl, combine 1 tablespoon of masala paste with the Greek yogurt. Add the diced chicken breast to the mixture and stir until the chicken is evenly coated. Cover and marinate in the refrigerator for at least 30 minutes.
2. After marinating, heat a pan over medium heat. Add the remaining 2 tablespoons of masala paste and cook for 1-2 minutes, stirring to release the flavors.
3. Add the marinated chicken to the pan and cook for 5-7 minutes until the chicken is browned on all sides.
4. Stir in the chickpeas, coconut milk, and tomato puree. Mix well to combine.
5. Season with sea salt to taste. Reduce the heat to low and simmer for 15-20 minutes, stirring occasionally, until the chicken is cooked through and the sauce has thickened.
6. Distribute the food evenly across a tray lined with parchment paper.
7. Place dividers (if you choose). This recipe is approximately 2 servings of food.
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:

Add hot water gradually, using about 1 to 1 ½ cup of hot water per serving (this recipe is 2 servings) to the freeze-dried masala chicken and chickpeas. Stir and let sit for 10-15 minutes until fully rehydrated, adding more water if needed for desired consistency. Heat and serve.

Notes:

This recipe is excellent, especially when served with rice or naan.

Nutritional Value Per 1 serving

Calories: 588 Protein: 31.5 g Fat: 29 g Carbohydrates: 29 g Sugar: 10.5g Fiber: 6.5 g

Chicken Broccoli Alfredo in a Jar Freeze Dried Pantry

This recipe makes 1 meal of 4 servings



Ingredients

1 cup freeze-dried Alfredo sauce
(store-bought is fine)
1 cup freeze-dried cooked chicken
1 cup freeze-dried raw broccoli
¼ tsp pepper
1½ cups broken-up fettuccine noodles
or egg noodles

Contributed by: Annette Godfrey Young

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

Directions:

1. Layer the ingredients in the jar for a visually appealing presentation. While layering isn't necessary, it adds a nice touch!
2. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

1. Pour the contents of one jar into a large skillet.
2. Add 4 cups of hot water and stir well to combine.
3. Let the mixture sit for 10 minutes to allow the ingredients to begin rehydrating.
4. Bring the mixture to a boil over medium heat.
5. Reduce the heat to low, cover, and let it simmer for 20-25 minutes, or until the noodles are tender.
6. Stir and serve hot. Enjoy!

Notes:

It's important to cook this dish thoroughly since the egg noodles were added to the jar in their uncooked state. Allowing them to fully simmer ensures they become tender and absorb the flavors of the sauce, creating a well-balanced dish.

Nutritional Value Per 1 serving

Calories: 233 Protein: 13 g Fat: 13 g Carbohydrates: 13 g Sugar: 1 g Fiber: 1 g

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Chicken Burrito Bowl in a Jar

Freeze Dried Pantry

This recipe will fill a 1 Quart Jar



Ingredients

1 cup freeze-dried chicken slices
¼ cup freeze-dried onions
1 cup freeze-dried or instant rice
¼ cup freeze-dried green chilies
½ cup freeze-dried tomato sauce
1 cup freeze-dried or instant black beans
½ tsp garlic powder
½ tsp chili powder
1 tsp cumin
1 tbsp chicken bouillon

Contributed By: Annette Godfrey Young

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

Directions:

1. Layer the FD Chicken Slices at the bottom of the jar, ensuring they are evenly distributed.
2. Add the FD Onions on top of the chicken.
3. Pour in the FD or Instant Rice, gently shaking the jar to help the layers settle.
4. Add the FD Green Chilies, followed by the FD Tomato Sauce.
5. Layer the FD or Instant Black Beans next.
6. Sprinkle the Garlic Powder, Chili Powder, and Cumin evenly over the top.
7. Finish by adding the Chicken Bouillon as the final layer.
8. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Heat 3 tablespoons of olive oil in a large saucepan over medium to medium-high heat.

Pour the contents of the jar into the pan and sauté for 30 seconds, stirring to coat the ingredients in the oil.

Add 4 to 5 cups of water and bring to a simmer. Let it cook for 5 minutes, stirring occasionally.

- If there is excess water after cooking, strain it out.
- If the water is fully absorbed before 5 minutes, add a little more as needed.

Remove the saucepan from heat, cover, and let it sit for 10 minutes to allow the flavors to meld and the ingredients to fully rehydrate.

Notes: Serve in a bowl adding toppings to taste. Suggested toppings: Cheese, Diced Tomatoes, Diced Green Onions, Sour Cream, Guacamole.

Nutritional Value Per 1 cup

Calories: 256 Protein: 14 g Fat: 12 g Carbohydrates: 26 g Sugar: 2.4 g Fiber: 3.4 g

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Chicken Noodle Skillet in a Jar

Freeze Dried Pantry

This recipe makes a 1 quart jar and is 4 servings



Ingredients

2 cups egg noodles
1 Tbsp freeze-dried minced onions
1/3 cup freeze-dried milk or dry milk
1 1/2 tsp Italian seasoning
1/4 tsp pepper
1/4 cup Augason Farms butter powder
1/2 cup freeze-dried mixed vegetables
1/3 cup freeze-dried cheese powder
1 cup freeze-dried diced chicken
1/2 tsp salt

Contributed by Annette Godfrey Young

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

Directions:

1. Begin by adding 2 cups of egg noodles to a clean, dry quart jar, ensuring they settle evenly at the bottom.
2. Sprinkle 1 tablespoon of freeze-dried minced onions over the noodles, spreading them out for even distribution.
3. Add 1/3 cup of freeze-dried milk or dry milk, followed by 1 1/2 teaspoons of Italian seasoning and 1/4 teaspoon of pepper.
4. Carefully pour in 1/4 cup of Augason Farms butter powder, making sure it layers evenly.
5. Next, add 1/2 cup of freeze-dried mixed vegetables, allowing them to settle into the gaps.
6. Sprinkle 1/3 cup of freeze-dried cheese powder over the vegetables.
7. Finally, top with 1 cup of freeze-dried diced chicken, pressing down gently to fit all the ingredients securely.
8. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

1. Pour the contents of the jar into a large skillet.
2. Add 3 1/2 cups of water and bring the mixture to a boil over medium-high heat.
3. Reduce the heat to low and let it simmer for 12 to 15 minutes, stirring frequently to prevent sticking.
4. Remove the skillet from heat and let it sit for 3 to 5 minutes, allowing the sauce to thicken before serving.

Notes:

This could be topped with french fried onions or croutons for extra crunchiness.

Nutritional Value Per 1 cup

Calories: 190 Protein: 13 g Fat: 5 g Carbohydrates: 23 g Sugar: 2.3 g Fiber: 1 g

Chicken Skillet Casserole Freeze Dried Pantry

This recipe makes 3 servings



Ingredients

2 Tbsp chopped leeks or onion
½ cup freeze-dried chopped carrot
2 Tbsp freeze-dried chopped celery
¼ cup freeze-dried spinach
1 tsp freeze-dried parsley
¼ cup freeze-dried peas
1 Tbsp freeze-dried peppers
2 cups freeze-dried chopped or shredded cooked chicken
2 Tbsp freeze-dried chopped mushrooms
¼ cup freeze-dried milk
1 ¼ to 1 ½ cups water
freeze-dried rice of choice

Directions:

1. Add all ingredients (except rice) to a skillet on the stovetop, including the water.
2. Let sit for 5 minutes to begin rehydration.
3. Heat over medium, bringing to a low boil. Cook until the mixture thickens slightly.
4. While the casserole is cooking, rehydrate your favorite freeze-dried rice.
5. Serve the casserole over the rehydrated rice.
6. Store any leftovers properly.

Notes:

Rehydrating on the stove allows the ingredients to absorb water evenly while maintaining a consistent temperature, which helps restore their original texture and flavor. Cooking over heat also helps blend flavors and slightly thickens the dish for a better consistency.

Nutritional Value Per 1 serving

Calories: 430 Protein: 40 g Fat: 4.5 g Carbohydrates: 60 g Sugar: 8 g Fiber: 4 g

Chicken Tacos

Freeze-Dried Pantry

This recipe makes 12 servings



Ingredients:

6 cups of freeze dried shredded chicken
1 cup freeze-dried onion, diced
2 tsp freeze-dried garlic, diced
2 tsp ground cumin
2 teaspoon freeze-dried oregano
2 tsp chili powder
1 tsp salt
1 cup freeze-dried salsa
4 cups chicken broth **or 4-5 tbsp** freeze dried broth powder + **4 cups** of water

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

Directions:

1. In a large skillet, heat about 1 cup of the broth and add the onions and garlic. Cook on low for a few minutes until the garlic and onion rehydrate.
2. Add cumin, oregano, chili powder, and salt. Cook for 1 more minute
3. Add freeze-dried salsa (if necessary, you can add more broth so it can rehydrate) simmer for 3-4 minutes to let it rehydrate
4. Add the freeze-dried shredded chicken and the rest of the broth. Simmer for about 10 minutes, allowing the chicken to rehydrate broth to cook off.

Serve in warmed up tortillas or taco shells with your favorite toppings.

Nutritional Value Per 1 serving-about ½ cup

Calories: 137 Protein: 18 g Fat: 5 g Carbohydrates: 3 g Sugar: 1 g Fiber: 1 g

Chicken Teriyaki Skillet Casserole

This recipe makes 8 cups



Ingredients

1 tbsp sesame oil
3 cups bite-size broccoli florets
1 cup diced red bell pepper
1 cup sliced scallions or green top onions
1/3 cup teriyaki sauce
1/4 cup water
2 tbsp cornstarch
2 cloves garlic, crushed
3 cups sliced cooked chicken
3 cups cooked brown rice

Directions:

1. Heat a large skillet or wok over medium-high heat and add 1 tablespoon of sesame oil.
2. Add the bite-sized broccoli florets and diced red bell pepper to the skillet. Stir-fry for about 3 to 4 minutes until they start to soften.
3. Stir in the sliced scallions or green top onions and the crushed garlic. Cook for another minute until fragrant.
4. In a small bowl, whisk together the teriyaki sauce, water, and cornstarch until smooth.
5. Add the sliced cooked chicken to the skillet and stir to combine with the vegetables.
6. Pour the teriyaki sauce mixture over the chicken and vegetables, stirring constantly until the sauce thickens and evenly coats everything, about 2 to 3 minutes.
7. Remove the skillet from heat and combine the stir-fry with the cooked brown rice.
8. Add parchment paper to your trays
9. Spread the casserole over your tray
10. Place dividers (if you choose). We recommend creating 10 portions per tray
11. Pre Freeze when possible
12. Freeze dry (my cycle time was 31 hours)
13. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 1 cup freeze-dried freeze dried casserole to a bowl, jar or mylar bag along with 1- 1/2 cups of boiling water. Let sit for at least 10 minutes, stirring several times. This is about 1 serving. Enjoy

Notes:

Changing up the type of rice you choose to use can change the texture of this meal.

Nutritional Value Per 2 Cup Serving

Calories: 431 Protein: 31 g Fat: 9 g Carbohydrates: 49 g Sugar: 6 g Fiber: 5 g

Chicken Tikka Masala

This recipe makes about 15 cups



Ingredients

Tikka marinade

2 lbs cubed chicken
1 cup plain yogurt
12 cloves of garlic
2 tbsp fresh ginger or
1 tbsp ginger paste or
powder
2 tsp garam masala
2 tsp salt
2 tsp cumin
2 tsp coriander
2 tsp paprika or smoked
paprika
¼ tsp cayenne pepper
⅛ tsp pepper
4 tsp lemon juice

Sauce

2 onions diced
4 tbsp fresh ginger or 2
tbsp powder or paste
12 cloves of minced garlic
2 tbsp paprika
4 tsp turmeric
2 tbsp garam masala
4 tsp coriander
2 tsp cumin
¼ tsp cinnamon
¼ tsp cayenne pepper
2 ½ -3 cups tomato passata
2 ½ -3 cups water
¾ cup oat milk or cream
2 tsp sugar

Directions:

1. In a mixing bowl, add the cubed chicken and all marinade ingredients and mix well.
2. Cover and refrigerate for at least 3 hours, preferably overnight.
3. Heat a small amount of oil or butter in a large pan over medium-high heat
4. Add diced onions and fresh ginger, along with a pinch of salt. Sauté, stirring frequently, until golden brown (about 5 minutes)
5. Stir in minced garlic and paprika, sautéing for another minute until fragrant
6. In a separate bowl, mix all the remaining sauce spices, then add them to the pan
7. Pour in tomato passata (or tomato sauce) and water, stirring well
8. Bring the sauce to a simmer and cook on low heat for about 15 minutes
9. After the sauce has simmered, stir in the cream (or oat milk) and sugar; blend for a smoother texture
10. In a separate pan, cook the marinated chicken over high heat until it is slightly blackened but not fully cooked. Once the chicken is blackened, remove it from the heat and set aside
11. Add the chicken to the sauce and simmer until the sauce thickens
12. Add parchment paper to your trays
13. Distribute the masala evenly across the trays
14. Place dividers (if you choose). We like 10 portions for this recipe
15. Pre Freeze when possible
16. Freeze dry (my cycle time was 35 hours)
17. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add ¾ cup hot water to 2 divider portions or about 1 ½ cups of freeze dried tikka masala. Stir and cover for about 5 minutes. Enjoy

Notes:

Serve over rice. To use freeze dried rice, use a 1:1 ratio of hot water to freeze dried rice to rehydrate.

Nutritional Value Per 1 serving with apple and banana powder

Calories: 275 Protein: 28 g Fat: 12 g Carbohydrates: 12 g Sugar: 7 g Fiber: 1 g

Easy Creamy Goulash

This recipe makes approximately 16 cups of goulash



Ingredients

1 tbsp olive oil
1 cup onion, diced
1 green bell pepper, diced
2 lbs. ground beef, lean
3 tsp garlic, minced
2 15 oz cans tomato sauce
2 15 oz cans petite diced tomatoes
3 cups beef broth
3 tbsp Worcestershire sauce
2 tsp seasoned salt
2 tbsp Italian seasoning
3 bay leaves
2 cups macaroni noodles, uncooked
12 oz cream cheese

Directions:

1. Add olive oil to a large pot over medium-high heat
2. Add the onion, bell pepper, and ground beef, then cook until the beef is no longer pink
3. Drain and rinse the meat, then return it to the pot on the stove
4. Add the garlic and stir until fragrant, about 30 seconds
5. Pour in the tomato sauce, diced tomatoes, beef broth, Worcestershire sauce, seasoned salt, Italian seasoning, bay leaves, and dried macaroni noodles
6. Stir and bring the mixture to a boil
7. Reduce heat to a light boil and stir occasionally until the pasta is tender, about 20 minutes
8. Remove the bay leaves and stir in the cream cheese, let cool slightly
9. Spread approximately 4 cups of the mixture onto a parchment-lined tray and place dividers to create 10 equal portions
10. Pre-freeze the tray before freeze drying to help the meal freeze dry evenly
11. Freeze dry (my cycle time was 24 hours)
12. I made these as gifts and stored 4 with a desiccant in individual storage bags. Store in mylar bags for long term storage.

Rehydration:

Place 4 portions of goulash in a bowl and add approximately 1½ cups of hot water. Stir well, then cover the bowl and let it sit for 4 to 5 minutes. Stir again and check if the goulash is fully rehydrated. Add more hot water as needed to reach your desired consistency.

Notes:

The high sugar content has a tendency to blow up in your freeze dryer. If you have portions that do that, you can just powder them and store 4 portions in individual baggies and then store in mylar or jars appropriately.

Nutritional Value Per 1 (4 portions) serving

Calories: 388 Protein: 22 g Fat: 24 g Carbohydrates: 20 g Sugar: 2 g Fiber: 2 g

Italian Beef

One 4 lb roast makes about 6 cups or 16 servings



Ingredients

1 4 lb beef roast (recommend arm or sirloin tip)
1 packet italian dressing seasonings
1 packet au jus mix
1 cup of beef broth
Olive oil or additional broth for saute

Directions:

1. Prepare roast by trimming fat, gristle and membranes. Cut the roast into 2" large chunks.
2. In a mixing bowl, toss the roast chunks with the dressing mix and au jus mix.
3. Let it sit for 1 hour minimum, up to 24 hours to allow the flavors to incorporate.
4. If going into a crock pot, add meat, pour on 1 cup of beef broth, let cook on low for 6-8 hours.
5. If using an Instant Pot, start by adding a splash of olive oil or extra broth and set it to Sauté mode. Sear each meat chunk on all sides to lock in flavor.
6. Once browned, deglaze the bottom of the pot with a small amount of broth, scraping up any flavorful bits. Return all the meat to the Instant Pot and add 1 cup of beef broth before proceeding with pressure cooking. (even if doing more than 1 roast, be careful of how much broth you add so you don't have too much moisture).
7. Set to High Pressure and 30 minutes per roast (2 roasts 1 hour etc.) When it finishes, let the Instant Pot natural release.
8. Remove meat from crock pot or Instant Pot and shred with a fork
9. Spread 1 roast per medium tray
10. Freeze dry. You can pre freeze but meat is a fast run regardless (my cycle time was 16 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add hot water or hot beef broth at a 1:1 ratio and cover for 5-10 minutes, stirring occasionally. Pour off excess water.

Notes:

The better you can trim the fat from the meat, the better your storage will be.

Nutritional Value Per ¼ lb

Calories: 165 Protein: 30 g Fat: 4 g Carbohydrates: 0 g Sugar: 0 g Fiber: 0 g

Jalapeno Peach Chicken

This recipe makes about 6 cups



Ingredients

1 tsp sea salt
1 tsp black pepper
1 tsp smoked paprika
1 tsp onion powder
1 tsp garlic powder
1 Tbsp chili powder
1 jalapeno, seeded and diced
2 peaches, peeled, pitted, and diced
½ cup peach preserves
2 Tbsp soy sauce
1 Tbsp apple cider vinegar
1 Tbsp cornstarch
chicken broth

Directions:

1. Season the chicken with salt, pepper, paprika, onion powder, garlic powder, and chili powder.
2. Heat a large skillet over medium heat with a couple of tablespoons of chicken broth until hot.
3. Add the chicken to the skillet and cook for about 5 minutes, or until no longer pink in the center.
4. Remove the chicken from the pan and set aside.
5. Add the peaches and jalapeno to the pan, cooking until the peaches soften. The time will vary depending on their ripeness.
6. In a measuring cup, whisk together the peach preserves, soy sauce, apple cider vinegar, and cornstarch until smooth.
7. Return the chicken to the pan, pour in the peach preserve mixture, and cook until the sauce thickens.
8. Remove from heat and allow to cool before spreading the food over parchment lined trays.
9. Place dividers (if you choose). We like to use 10 portions per tray
10. Pre Freeze when possible
11. Freeze dry (my cycle time was 24 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

For 2 servings (4 portions), add about 1 ½ cups of hot water or chicken broth, then cover and let sit for 30 minutes. Check the texture and add more liquid if needed, allowing it to sit longer if necessary. Adjust as needed until the desired consistency is reached.

Notes:

This dish pairs well with a variety of sides that complement its sweet and savory flavors. Serve it over rice, quinoa, or mashed potatoes to soak up the sauce, or pair it with roasted sweet potatoes for a hearty option. Grilled vegetables like zucchini, bell peppers, or asparagus add a fresh contrast, while steamed green beans provide a simple, crisp side.

Nutritional Value Per 1 ½ C

Calories: 177 Protein: 2 g Fat: 1 g Carbohydrates: 42 g Sugar: 27 g Fiber: 2 g

Lemon Chicken Rigatoni

This recipe makes 8-9 cups of food



Ingredients

2 Tbsp butter
2 tsp finely chopped garlic
3 1/2 cups chicken broth
2 tsp lemon juice
1/2 tsp lemon zest
1/4 tsp salt
1/4 tsp pepper
2 cups shredded cooked chicken
4 oz cream cheese, cubed
1 (15 oz) can green beans
3 cups rigatoni

This recipe was contributed by Nancy Tyrrell

Directions:

1. In a 4-5 quart soup pot, heat butter over medium heat.
2. Add garlic and cook for 1-2 minutes, stirring frequently until tender.
3. Add chicken broth, lemon juice, lemon zest, rigatoni, salt, and pepper.
4. Bring to a boil, then simmer uncovered for 14-16 minutes, stirring occasionally, until pasta is al dente and most of the liquid is absorbed.
5. Stir in cream cheese until melted.
6. Add shredded chicken and green beans, then continue heating until warmed through.
7. Let the mixture cool.
8. Spread mixture evenly on parchment-lined trays.
9. You can use dividers set to 1/4 sections per tray to create 8 one-cup servings.
10. Pre Freeze when possible
11. Freeze dry (my cycle time was 31 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

To rehydrate one serving, add 3/4 to 1 cup of hot water to the freeze-dried portion. Stir well and let it sit for 5-7 minutes, or until fully rehydrated and heated through. Adjust water amount based on desired consistency.

Notes:

Some warm, crusty garlic bread to complement the creamy, lemony flavors of the rigatoni, makes an excellent companion with this recipe.

Nutritional Value Per 1 cup serving

Calories: 207 Protein: 12.4 g Fat: 9.1 g Carbohydrates: 18.4 g Sugar: 1 g Fiber: 1.3 g

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Pineapple Chicken & Rice In A Jar

Freeze Dried Pantry

This recipe makes a 1-quart jar and is 2 servings



Ingredients

1 cup cooked rice, freeze-dried
2 tbsp sliced carrots, freeze-dried
1 tbsp chopped green onion, freeze-dried
3/4 cup cooked, diced chicken freeze-dried
1/4 cup chicken broth powder, freeze-dried
3/4 cup diced bell peppers, freeze-dried
1/4 cup diced onion, freeze-dried
1 tbsp diced ginger, freeze-dried
1 tsp dice garlic, freeze-dried
1/4 cup BBQ sauce, freeze-dried
3/4 cup diced pineapple, freeze-dried

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

Directions:

1. Add all the ingredients to a jar in the order listed
2. Add an oxygen absorber and seal
3. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 cups of boiling water or enough to fill the jar to the top. Close the lid and shake the jar a bit to mix everything. Allow it to sit covered for 10-15 minutes. Remove the lid and pour into bowls or eat it right out of the jar or bag.

Notes:

This makes a pretty full jar. You could pour this all into a saucepan with 2 cups of water and cook covered on low for about 10 minutes to warm and rehydrate

Nutritional Value Per 1/2 recipe

Calories: 425 Protein: 26 g Fat: 9 g Carbohydrates: 58 g Sugar: 27 g Fiber: 3 g

Pineapple Chicken

This recipe makes 6 cups



Ingredients

1 ½ - 2 lbs chicken breasts
½ tsp garlic powder
1 tbsp black pepper
2 - 8oz cans pineapple tidbits
1 red bell pepper
½ medium onion

Sauce Ingredients

3 tbsp honey (or 1 ½ tbsp sugar)
¾ cup pineapple juice (from drained pineapple)
2 tbsp soy sauce
1 tsp rice vinegar (or apple cider vinegar)
1 tsp grated ginger
2 cloves minced garlic
1 tbsp cornstarch

Directions:

1. Cut the chicken breasts, pepper and onion into bite sized pieces.
2. Add all of the sauce ingredients into a small bowl and whisk until smooth.
3. Toss the chicken pieces with the garlic powder and pepper.
4. Using a small amount of olive oil or chicken broth, cook ½ the chicken pieces over medium high heat, remove from the pan and cook the other ½ of the chicken pieces and remove from the pan.
5. Add the pineapple to the pan and cook for about 1 minute. If needed, add 1 tbsp chicken broth to help keep it from sticking.
6. Add the veggies to the pan and cook for another 3 minutes or so.
7. Add the chicken back to the pan and then stir in the sauce. Let it bubble until thickened .
8. Let cool, then spread evenly across a parchment lined tray. Add dividers to make 4 servings if desired.
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:

In a bowl, combine pineapple chicken with boiling water or chicken broth, starting with ½ cup per serving. Let it sit for 5 minutes, then stir. If needed, add more hot liquid and let it sit again, repeating the process until the desired consistency is reached.

Notes:

Honey on its own isn't ideal for long-term storage, but when incorporated into a recipe, it can extend its shelf life. For more reliable long-term storage, consider using sugar as a substitute, or simply omit the honey altogether.

Nutritional Value Per 1 ½ cups

Calories: 365 Protein: 36 g Fat: 5 g Carbohydrates: 45 g Sugar: 35 g Fiber: 2 g

Pumpkin Curry

This recipe makes about 8 cups



Ingredients

2 cups cooked chicken or pork
2 cups uncooked rice or chickpeas
1 cup carrots chopped
¾ cup bell pepper chopped
1 medium onion chopped
1-2 tsp ginger powder or 2" of fresh
3 cloves minced garlic
¾ cup coconut milk
½ cup passata or tomato sauce
½ cup vegetable broth
2 cup pumpkin puree
½ tbsp curry powder
¾ tsp turmeric
1 tsp cumin
¾ tsp salt
½ tsp smoked paprika
¼ tsp pepper
Squeeze of lemon (optional)
6-8 leaves of chopped kale

Directions:

1. Cook cubed or cut chicken or pork and set aside
2. Rinse and cook rice or chickpeas and set aside
3. Chop the carrots, bell pepper and onion
4. In a saucepan, add a small amount of broth and saute the vegetables until soften some
5. Add ginger and garlic to the pot and cook for 2 more minutes
6. Add coconut milk, passata (tomato sauce), vegetable broth, and pumpkin puree to the same pot and turn heat down while you prepare the spices.
7. For the spices, add in curry powder, turmeric, cumin, salt, paprika and pepper. Stir well and simmer for 7-8 minutes until vegetables are soft allowing all flavors to combine
8. If adding chicken or pork, add this in while simmering or freeze dry separate and add into storage bag
9. After curry has simmered, add in kale and cook until it wilts
10. Mix curry sauce into the cooked rice
11. Add mix to pre-cut parchment lined freeze dryer trays and add tray dividers in the 8 portion setting (I used small trays and each portion will be approximately ½ cup).
12. Pre-freeze
13. Freeze dry (my cycle time was 37 hours)
14. Store in jars for short-term use or in mylar bags for long-term storage

(continued on next page)

Rehydration:

Add ½ cup of hot water to each single tray divider portion. Mix and allow 3-5 minutes to rehydrate. This is about 1 serving. Enjoy

Notes:

This flavorful Indian dish is packed with health benefits, thanks to its aromatic spices. Turmeric and curry powder are known for their powerful anti-inflammatory properties, while cumin supports healthy digestion, making this meal both delicious and nourishing.

Nutritional Value Per ½ cup

Calories: 241 Protein: 11 g Fat: 5 g Carbohydrates: 42 g Sugar: 3 g Fiber: 8 g

Ramen

This recipe makes 4 large servings



Ingredients

1-12 oz pkg ramen noodles(discard the flavor packet) We like Lotus brand
2 inches fresh ginger diced
12 cloves of garlic diced
1 cup water
¼ cup apple cider vinegar
¼ cup tahini
4 tsp maple syrup
6 tbs miso paste
4 green onions thinly sliced
2 carrots sliced thinly and diced
2 cups cilantro chopped
6 cups mushrooms
3 cups peas
3 cups chopped spinach

Directions:

Make the broth

1. Heat a large saute pan over medium heat. Add 2 tablespoons of water, then add the minced garlic and grated ginger. Saute for about 2 minutes, stirring occasionally, until fragrant.
2. Add the water, rice vinegar, tahini, and maple syrup to the pan. Stir well to ensure the tahini is fully dissolved into the liquid.
3. Let the mixture cook for 3 more minutes, stirring frequently to prevent sticking.
4. Turn off the heat and immediately whisk in the miso paste until fully dissolved. If needed, add a small amount of water to achieve a smooth consistency. It does not need to be a thin broth if you are freeze-drying it.
6. While the broth is cooking, thinly slice the green onions, and mushrooms, dice the carrots, and chop the cilantro and spinach. Measure out the peas.
7. Add parchment paper to all of your trays
8. Add vegetables to trays. We had 3 trays full of vegetables
9. Add ramen noodles to 1 tray and add dividers in the 4-portion setting
10. Pour your broth mixture onto a tray and spread evenly. Place dividers in the 4 portion setting
11. Freeze Dry (my cycle was 32 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:Add 1 of your four divider portions of noodles or about 2 cups of noodles to a jar, mylar bag or bowl. Add ¼ of each vegetable you are using. (ie 1 ½ cups mushrooms, ¾ cup of peas etc) and 1 portion of your freeze-dried broth, or about 1 cup of freeze-dried broth chunks. Add hot water and let it sit, covered for about 10 minutes. This makes about 4 cups (large serving or enough for 2). Enjoy

Notes: We freeze-dried all of these ingredients separately and made a meal-in-a-jar recipe. You could cook and combine all the ingredients and freeze-dry it as a complete recipe. Use any vegetables you like, and you could add freeze-dried chicken or tofu. This is a great road trip or camping meal.

Nutritional Value Per 1 large serving

Calories: 584 Protein: 23 g Fat: 21 g Carbohydrates: 84 g Sugar: 24 g Fiber: 11 g

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Chicken-Shredded

This recipe makes about 6-7 cups of shredded chicken



Ingredients

3 lbs chicken breast (about 6 breasts)

Directions:

1. Remove any visible fat from the chicken and cut it into smaller chunks. I like to cut 1 breast into 3-4 thick slices.
2. Cook the chicken in a large pot of water with a tsp of salt. Simmer for 10-12 minutes or until the internal temperature of the chicken reaches 165°F
3. Shred the chicken. An easy way to do this is to place cooked chicken in the mixer bowl with the paddle attachment, and run the mixer on a low speed until the chicken is shredded to desired consistency.
4. Add parchment paper to your trays
5. Spread the chicken evenly on your trays
6. Pre Freeze when possible
7. Freeze dry (my cycle time was 29 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add the chicken to a bowl and cover with warm broth or water. Allow to sit for 5-10 minutes. Don't worry about over-hydrating it — your freeze dried meat will only reabsorb the liquid it need

Notes:

See our recipes on freeze dried chicken tacos and BBQ chicken using freeze-dried shredded chicken

Nutritional Value Per 8 oz chicken breast

Calories: 258 Carbohydrates 0 g Protein 48 g Fat 5 g Sugar 0 g Fiber 0 g

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Skillet Chicken and Mushrooms

This recipe makes 6 cups



Ingredients

1½ lb boneless, skinless chicken breasts
1 tsp oregano
1 tsp paprika
1 tsp coriander
12 oz fresh sliced mushrooms
2 Tbsp chicken broth
3 green onions, chopped
2 garlic cloves, minced
Salt and pepper
Parsley for garnish
½ cup chicken broth
1 Tbsp butter

Directions:

1. Combine the oregano, paprika, and coriander in a small container. Shake to mix and set aside.
2. If freeze drying, cut the chicken into small cubes. Otherwise, halve the chicken breasts.
3. Pat the chicken dry and season with salt and pepper. Then, coat it with the seasoning mix.
4. In a large skillet, heat 2 Tbsp of chicken broth over medium heat. Add the chicken and cook until fully done, adding more broth as needed to prevent sticking. Remove the chicken from the pan and set aside.
5. In the same skillet, add the butter and let it melt. Add the mushrooms and sauté for 5 minutes.
6. Stir in the broth, green onions, garlic, and a pinch of salt and pepper. Bring the mixture to a boil.
7. Return the chicken to the pan and mix well to combine.
8. Spread the meal evenly across a parchment-lined tray. If desired, use dividers to create four portions for easy separation.
9. Pre Freeze when possible
10. Freeze dry (my cycle time was 27 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add the one serving to a pan with 1 to 1½ cups of hot water, stirring occasionally over low to medium heat until the chicken and vegetables are fully rehydrated and heated through. Adjust the water as needed for desired consistency, then serve immediately.

Notes:

Rehydrating on the stove allows for better heat distribution, controlled moisture absorption, and prevents the chicken from becoming soggy while ensuring the flavors meld properly.

Nutritional Value Per 1 ½ C

Calories: 128 Protein: 18 g Fat: 4.6 g Carbohydrates: 4.25 g Sugar: 1 g Fiber: 1 g

Skillet Chicken with Spinach, Mushrooms, and Rice

This recipe makes makes about 6 cups



Ingredients

2 **Tbsp** chicken broth
2 boneless skinless chicken breasts
½ yellow onion, chopped
3 cloves minced garlic
8 **oz** fresh mushrooms
1 **cup** brown rice
2 **cups** chicken broth
1 **tsp** salt
¼ **tsp** freshly ground black pepper
½ **tsp** thyme
1 **tsp** dried oregano
½ **tsp** smoked paprika
5 **oz** fresh spinach

Directions:

1. Preheat the oven to 375°F.
2. Season the chicken breasts with salt and pepper. In a Dutch oven or ovenproof skillet on the stove, brown the chicken on both sides using a small amount of chicken broth to prevent sticking, then remove the chicken from the pan.
3. Add the onion, garlic, mushrooms, and seasonings to the pan and cook until tender. Then add the spinach and cook just until wilted.
4. Stir in the rice, 2 cups of chicken broth, and additional seasonings until well combined. Then place the chicken breasts on top.
5. Bake for 30–35 minutes, or until the chicken is cooked through.
6. Allow the dish to cool. Chop the chicken breasts into bite-sized pieces and mix them back into the rice mixture.
7. Spread the mixture evenly on a freeze-drying tray and add dividers in a four-serving configuration.
8. Pre Freeze when possible
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:

This recipe makes 4 servings, add 1-1 ½ cups of hot water per serving, mix and let sit for 3-5 minutes. Check for tenderness, add more water if needed and let sit longer.

Notes:

For a different twist, consider adding a pinch of cumin and coriander for warmth or a dash of chili powder for a subtle kick. A hint of rosemary or sage can also introduce an aromatic, savory note to the dish.

Nutritional Value Per Serving

Calories: 340 Protein: 32 g Fat: 4 g Carbohydrates: 39 g Sugar: 2 g Fiber: 3 g

Homemade Spaghetti Sauce

This recipe makes 12 cups of sauce



Ingredients

1½ lbs ground beef
1 large onion, chopped
1 large green pepper, chopped
2 cloves garlic, minced
3 (15 oz) cans diced tomatoes
1 (6 oz) can tomato paste
2 tsp brown sugar
1½ tsp dried oregano
1 tsp salt
½ tsp dried basil
½ tsp dried thyme
1 bay leaf
2+ cups water or beef broth
Cooked spaghetti noodles

This recipe was contributed by Mike Jovanovich

Directions:

1. Cook the meat and vegetables: In a crockpot, combine ground beef, chopped onion, green pepper, and minced garlic.
2. Add remaining ingredients: Stir in diced tomatoes, tomato paste, brown sugar, oregano, salt, basil, thyme, bay leaf, and at least 2 cups of water or beef broth.
3. Slow cook: Cover and cook on low for 6-8 hours, stirring occasionally.
4. Cool without stirring: Turn off the heat and let the sauce cool in the crockpot without stirring.
5. Refrigerate overnight: Transfer the cooled sauce to the refrigerator and let it sit overnight.
6. Remove fat: In the morning, skim off the hardened fat from the top.
7. Spread cooked spaghetti noodles on parchment-lined trays, then evenly pour the sauce over them. Consider using dividers to pre-portion meals.
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:

Pour 1¾ to 2 cups of boiling water over 1 cup of freeze-dried noodles and 1 cup of freeze-dried sauce in an insulated container. Cover and let sit for 10-12 minutes, stirring occasionally. If needed, add more hot water gradually to reach your desired consistency.

Notes:

You can freeze dry this recipe without the noodles, and rehydrate to put on fresh noodles if desired.

Nutritional Value Per 1 cup of spaghetti and 1 cup of sauce

Calories: 450 Protein: 25 g Fat: 13 g Carbohydrates: 57 g Sugar: 7 g Fiber: 5 g

Turkey Egg Roll Bowl

This recipe makes 12 cups of cooked Turkey Egg Roll mix



Ingredients

2 lbs ground turkey
3 medium carrots (coarsely grated)
3 eggs
6 cloves chopped garlic
3 inches fresh ginger, minced
1 ½ heads Napa cabbage thinly sliced and chopped
1 ½ small yellow onions diced
⅓ cups soy sauce or Braggs Aminos

Sauce to make when rehydrating

1 tbsp mayonnaise
1 tsp garlic chili sauce
Mix together (2 servings)

This recipe contributed by Suanne Harns

Directions:

1. Heat a large pot with a little water or broth. Add ground turkey and cook for 6–7 minutes.
2. Stir in ginger, garlic, and onions. Cook for about 30 seconds until fragrant.
3. Mix in grated carrots, sliced Napa cabbage, and soy sauce (or Bragg's Aminos). Add a pinch of red pepper if desired.
4. Once the vegetables are cooked, drain any excess liquid.
5. Make a well in the center of the pot and crack in the eggs. Stir until fully cooked and combined.
6. Spread the mixture evenly on a parchment lined tray, gently press tray dividers set to 10 portions, into the tray. Cover with a lid and freeze until solid.
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 approximately ⅔ cups of hot water per 1 cup of freeze dried Turkey Egg Roll Bowl, mix well and then let sit for 5-10 minutes.

Notes:

This can be topped with fresh sliced green onions, and is excellent with the mayo, garlic, and chili sauce. This makes for a high-protein, low-carb meal with a moderate amount of healthy fats.

Nutritional Value Per 1 cup of freeze dried mixture

Calories: 140 Protein: 14.5 g Fat: 6.7 g Carbohydrates: 5.3g Sugar: 1 g Fiber: 2 g

- Apple & Thyme Basmati Rice
- Asparagus
- Barley Pilaf
- Green Bean Casserole
- Grilled Cheese Dunkers
- Guacamole in a Jar - Freeze Dried Pantry
- Lo Mein Noodles
- Mock Risotto
- Peach Salsa
- Spicy Zucchini



Side Dishes

Apple & Thyme Basmati Rice

This recipe makes about 8 cups



Ingredients

1 medium onion
2 medium gala apples
3 cups + 1 tbsp chicken broth
1½ cups basmati rice
1 Tbsp thyme
1 Tbsp apple cider vinegar
2 Tbsp butter (optional)

Directions:

1. Chop up the onion and apples.
2. In a dutch oven or large stock pot, add 1 tbsp chicken broth and chopped onion. Cook over medium heat until onion becomes slightly translucent.
3. Add the chopped apples and continue to cook and stir until the apples are slightly browned (add more chicken broth as needed to help keep apples and onions from sticking to the pan).
4. Add the rice and thyme, stirring constantly and cook for 2 minutes. Do not add the liquids at this point.
5. Add 1 cup of the chicken broth, stirring and deglazing the pan. Then add the rest of the chicken broth and the apple cider vinegar and bring to a boil.
6. Cover and let simmer for 15-20 minutes or until all moisture is absorbed (add butter at this stage if desired, this will greatly reduce shelf life)
7. After the cooking is complete, spread out on parchment lined trays. Add dividers on a 4 portion setting to help divide if desired.
8. Allow to cool or pre-freeze.
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:

Stir in ⅓ to ½ cup of boiling water per serving (recipe makes 8 servings). Let sit for 2-3 minutes covered. Enjoy

Notes:

As mentioned above, if you truly want long term storage, just omit the butter.

Nutritional Value Per 1 cup (with butter)

Calories: 135 Protein: 3 g Fat: 3 g Carbohydrates: 28 g Sugar: 6 g Fiber: 1 g

Asparagus

About 9-10 stalks makes one cup when cut up



Ingredients

Asparagus
Seasonings (optional)

Directions:

1. Wash your asparagus and drain.
2. Cut the asparagus into 2-3 inch long pieces.
3. Bring a pot of water to boil, and prepare an ice bath.
4. Add the asparagus to the boiling water and blanch for 2-3 minutes.
5. Remove from boiling water and immediately place in the ice bath to fully cool.
6. Remove from the ice bath and place in a colander to drip dry.
7. Line your trays with parchment.
8. Spread the asparagus out on your trays.
9. If you wish to season them, sprinkle the seasonings on now.
10. Pre-freeze when possible.
11. Freeze dry (my cycle time was 24 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add the amount of asparagus as you wish to rehydrate to a bowl or a cooking pot. Flood the asparagus with water and let it stand for 8-10 minutes.

If you wish to cook the asparagus, bring your water to boil and cook as normal.

If you wish to eat the asparagus as a raw snack, drain the water and enjoy.

Freeze dried asparagus is also a great snack without rehydrating! Especially with your favorite seasonings on them; I really like some of the rubs for smoking meat, sea salt or seasoned salt.

Notes:

Most of the seasonings will wash off if you rehydrate, however freeze drying with the seasonings on does leave a hint of that flavor on the asparagus. If you eat them as a freeze dried snack, of course you will retain the seasonings and their added flavor.

Nutritional Value Per 1 cup

Calories: 40 Protein: 4 g Fat: 0 g Carbohydrates: 7 g Sugar: 2 g Fiber: 4 g

Barley Pilaf

This recipe makes 5 cups of Barley Pilaf



Ingredients

1 small onion, chopped
1 **cup** hulled barley
2 **1/2 cups** + low-sodium chicken broth
Kosher salt
1/2 **cup** small pieces of broken spaghetti (about 2 **oz**)
Freshly ground black pepper
2 **Tbsp** chopped fresh chives

Directions:

1. Add a couple of tablespoons of broth to a medium saucepan over medium heat.
2. Add the onion and cook, stirring occasionally, until soft and lightly golden brown, about 6 minutes.
3. Add the barley and stir.
4. Add the broth and 1/2 teaspoon of salt, then bring to a boil.
5. Reduce the heat to medium-low, cover, and simmer for 20 minutes.
6. Uncover and quickly stir in the spaghetti. Cover and continue to simmer until most of the liquid is absorbed and the barley and spaghetti are tender, stirring once more, about 15 minutes more.
7. Remove from heat and let sit, covered, for 10 minutes.
8. Line a tray with parchment paper
9. Spread evenly across the tray, add dividers set to the 10 portion arrangement.
10. Pre Freeze when possible
11. Freeze dry (my cycle time was 24 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add about 1/2 cup of boiling water to 2 of the 10 portions and mix well. Cover and let stand for at least 10 minutes. If needed, heat in the microwave or on the stove for full rehydration.

Notes:

To make this recipe vegan, use vegetable broth instead of chicken broth and ensure the spaghetti is egg-free. All other ingredients are naturally plant-based.

Nutritional Value Per 1 cup

Calories: 206 Protein: 7 g Fat: 3 g Carbohydrates: 38 g Sugar: 7 g Fiber: 2 g

Green Bean Casserole

This recipe makes 4 cups



Ingredients

1 -16 oz pkg frozen cut green beans
1 - 10.5 oz can cream of mushroom soup
½ cup sour cream
½ cup shredded swiss cheese
1 - 2.8 oz pkg french fried onions (divided)
1 tsp soy sauce
Ground Black Pepper to Taste

Directions:

1. Preheat your oven to 350°F.
2. In an oven-safe casserole dish, combine all the ingredients, reserving half (½) of the french fried onions for later use. Mix thoroughly.
3. Cover the dish with a lid or aluminum foil and bake for 30 minutes.
4. After 30 minutes, remove the cover and bake for an additional 15 minutes until the casserole is heated through and the top is slightly golden.
5. Remove the casserole from the oven and allow it to cool.
6. Line your tray with parchment.
7. Transfer the cooled casserole evenly onto a freeze dryer tray.
8. Freeze dry (my cycle time was 24 hours).
9. Place the green bean casserole in a mylar bag for long term storage.
10. Place the reserved ½ portion of French Fried Onions into a small mylar pouch with its own oxygen absorber (OA). Seal the pouch and store it inside the same bag as the freeze-dried casserole to keep everything together while preserving the onions' crispness.

Rehydration:

Pour the entire recipe of green bean casserole in a dish. Add 1½ - 1¾ cups boiling water, stir and then cover and let stand for 5 minutes. Add the remaining French Fried Onions before serving.

Notes:

To keep with a more traditional approach, you can add the water, mix, cover and allow to rehydrate in the oven while it heats. Adding shredded mozzarella is another great topping to sprinkle on with the french fried onions.

Nutritional Value Per 1 cup

Calories: 307 Protein: 8 g Fat: 22 g Carbohydrates: 19 g Sugar: 3 g Fiber: 2 g

Grilled Cheese Dunkers

6 sandwiches fills a 6 cup capacity tray



Ingredients

24 slices of cheese (we prefer pepper jack, sharp cheddar, and mozzarella)

12 slices of bread

Directions:

1. Set the heat to medium or medium-low. This is important because we are not using butter or oil on the bread. Slow and low will get you the best results
2. Place one slice of bread in the pan
3. Top with two slices of cheese
4. Cover with the second slice of bread
5. Place a lid on the pan and allow the cheese to heat while the bread slightly browns
6. Flip the sandwich and repeat the process on the other side
7. Toast the bread lightly
8. Remove the crust from the bread
9. Cut the grilled cheese into small squares about the size of a crouton
10. Place the squares on parchment-lined trays
11. Freeze dry (my cycle time was 13 hours)

Rehydration:

Simply add to whatever soup you are eating, or eat as is.

Notes:

These are a great addition to any soup as a crunchy cheesy topping.

Nutritional Value Per 1 sandwich serving

Calories: 610 Protein: 0 g Fat: 40 g Carbohydrates: 29 g Sugar: 3 g Fiber: 2 g

Guacamole in a Jar

Freeze Dried Pantry

This recipe will make 4-6 servings and will fit in a quart jar



Ingredients

3 cups freeze-dried avocado
½ cup freeze-dried chopped green onions
1 cup freeze-dried seeded roma tomatoes
2 tsp freeze-dried minced garlic
1 freeze-dried chopped jalapeno
½ tsp kosher salt
½ tsp ground cumin
½ tsp cayenne pepper

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

Directions:

1. Layer all the dry ingredients into a quart-sized jar in the following order: freeze-dried avocado, freeze-dried chopped green onions, freeze-dried roma tomatoes, freeze-dried minced garlic, freeze-dried chopped jalapeno, kosher salt, ground cumin, and cayenne pepper. Seal the jar with an airtight lid.
2. To speed up rehydration, pulse the ingredients in a blender to break them into smaller pieces.
3. When ready to prepare the guacamole, pour the contents of the jar into a mixing bowl.
4. Add approximately 1 to 1 ½ cups of cold water, a little at a time, stirring well after each addition until the desired consistency is reached. Allow the mixture to sit for 5-10 minutes to fully rehydrate.
5. Stir the guacamole again to ensure even hydration. Adjust seasoning if needed by adding more salt or spices to taste.
6. Serve immediately with tortilla chips, tacos, or your favorite dishes. Enjoy!

Rehydration:

To bring this recipe back to its fresh and creamy texture, gradually add 1 to 1 ½ cups of water, stirring well after each addition until all ingredients are fully rehydrated and the desired consistency is achieved.

Notes:

If you prefer a smoother texture, pulse the mixture in a blender or food processor after rehydration, or mash by hand for a chunkier consistency. For added freshness and enhanced flavor, consider stirring in lime juice and chopped cilantro after rehydration to brighten the taste and balance the richness of the avocado.

Nutritional Value Per ½ cup

Calories: 132 Protein: 2 g Fat: 11 g Carbohydrates: 8.6 g Sugar: 1.5 g Fiber: 5.5 g

Lo Mein Noodles

This recipe makes 5-6 cups



Ingredients

1 - 8 oz pkg spaghetti
3 **tbsp** low-sodium soy sauce
2 **tbsp** teriyaki sauce
2 **tbsp** honey (or 1 **tbsp** sugar)
¼ **tsp** ground ginger
3 **stalks** Celery, sliced
2 large carrots, shredded
½ sweet Onion, thinly sliced
2 green Onions, sliced
2 **tbsp** chicken broth

Directions:

1. Bring a large pot of lightly salted water to a boil. Add the spaghetti and cook until tender but firm
2. Drain and rinse with cold water. Allow to drain,
3. While the spaghetti is cooking, whisk together the soy sauce, teriyaki sauce, honey, and ginger in a small bowl and set aside.
4. In a large skillet or wok over high heat, cook and stir the celery, carrots, and all onions using a little chicken broth. Cook until slightly tender, but still a bit crunchy.
5. Add spaghetti and sauce mixture to the vegetables. Cook, stirring frequently, until heated through for about 5 minutes.
6. Let cool, then spread on a parchment lined tray.
7. Place dividers for four or six portions if desired
8. Pre-freeze when possible.
9. Freeze dry (my cycle time was 36 hours).
10. Store in jars for short term storage or in mylar bags for long-term storage.

Rehydration:

Add about ½ cup boiling water to 1 cup serving of Lo Mein. Let sit for about 5 minutes. Check for tenderness and rehydration, especially the vegetables. Add more water if needed, or drain off excess water.

Notes:

Honey on its own isn't ideal for long-term storage, but when incorporated into a recipe, it can extend its shelf life. For more reliable long-term storage, consider using sugar as a substitute, or simply omit the honey altogether.

Nutritional Value Per 1 cup

Calories: 192 Protein: 6 g Fat: 1 g Carbohydrates: 40 g Sugar: 10 g Fiber: 3 g

Mock Risotto

This recipe makes about 7 cups of Risotto



Ingredients

½ cup whole grain brown rice or rice of choice
½ cup pearl barley
1 small onion, chopped
2 cloves garlic, minced
Kosher salt and black pepper to taste
2 ½ cups chicken or veggie broth
1 lb small thin asparagus cut to 1"
6 oz cremini mushrooms, quartered
2 oz ⅓ less fat cream cheese
1 Tbsp grated Parmesan cheese

For garnish

2 Tbsp chopped fresh chives
½ tsp grated lemon zest

Directions:

1. Bring a pot of salted water to a boil. Add rice and barley, cook for 15 minutes until al dente, then strain.
2. Heat a few tablespoons of broth in a skillet over medium heat. Add onion, garlic, salt, and pepper. Cook for 5 minutes until softened.
3. Stir in the drained rice mixture and 2 cups of broth. Cover and cook for 6-8 minutes until tender.
4. Add asparagus and mushrooms. Cover and cook for 8-10 minutes until tender.
5. Remove from heat and stir in the remaining broth, cream cheese, and Parmesan until creamy.
6. Line a tray with parchment paper and spread the risotto evenly across it. If desired, use dividers set to the 10-portion setting for easier portioning. (Optionally, set aside about 2 cups to enjoy fresh.
7. Pre Freeze when possible
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:

Rehydrate 1/5 of the tray with about ½ cup of hot water. Stir and let sit for 2-5 minutes for best results

Notes:

For a little kick, add a pinch of crushed red pepper flakes while cooking the onions and garlic. Once the dividers are in place, sprinkle the chives and lemon zest if desired, or wait and add them after rehydrating.

Nutritional Value Per 1 cup

Calories: 63 Protein: 3 g Fat: 1.5 g Carbohydrates: 10.5 g Sugar: 1.7 g Fiber: 1.3 g

Peach Salsa

This recipe makes 10-11 Cups of Salsa



Ingredients

6 cups peaches, chopped
1 English cucumber, diced
1 red onion, chopped
1 Tbsp freeze-dried garlic
1 green pepper, diced
1 red pepper, diced
1 ½ tsp cumin
½ tsp cayenne
2 Tbsp honey
½ cup cilantro, finely chopped

Directions:

1. Chop the peaches, cucumber, red onion, green pepper, red pepper, and cilantro.
2. Combine all the chopped fruit, vegetables, and herbs in a large bowl.
3. Add the freeze-dried garlic, cumin, cayenne, and honey to the mixture. Stir until everything is evenly coated.
4. Line your freeze dryer trays with silicone liners or parchment paper.
5. Spread the mixture evenly over freeze dryer trays. Add dividers if using.
6. Place the trays in the freezer and freeze until solid before starting the freeze-drying process.
7. Freeze dry (my cycle time was 34 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

To rehydrate a ½ cup serving of freeze-dried salsa, add 3 to 4 tablespoons of cold or room-temperature water, stir, and let it sit for 5 to 10 minutes. Adjust the consistency by adding more water, 1 tablespoon at a time, until it reaches your desired texture.

Notes:

Optionally, enhance the flavor with a squeeze of lime, a dash of salt, or fresh cilantro. For a warmer salsa, use warm water, but this may soften the vegetables more.

Nutritional Value Per ½ Cup serving

Calories: 31 Protein: 0.67 g Fat: 0.19 g Carbohydrates: 7.8 g Sugar: 6 g Fiber: 1 g

Spicy Zucchini

This recipe makes approximately 6 cups



Ingredients

4 zucchini, cut into ½ inch pieces
1 **cup** water
½ **tsp** Italian seasoning
½ **tsp** red pepper flakes
1 **tsp** garlic minced
1+ **tbsp** broth (chicken or vegetable recommended)
½ - 15 **oz can** crushed tomatoes

salt, to taste

Directions:

1. Add water and zucchini to the Instant Pot.
2. Seal the pot with the lid and cook on high pressure for 2 minutes.
3. Once the cooking time is complete, release the pressure using the quick release.
4. Remove the lid and drain the zucchini well.
5. Clean the Instant Pot.
6. Add the broth to the Instant Pot and set it to sauté mode.
7. Add the garlic and sauté for 30 seconds.
8. Add the remaining ingredients along with the zucchini and stir well.
9. Cook for 2-3 minutes. Let cool
10. Place on parchment lined trays
11. Pre Freeze when possible
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:

To rehydrate the freeze-dried zucchini dish, place the freeze-dried food in a bowl. Pour cool or room temperature water over it, using about 1 to 1.5 times the volume of the freeze-dried mixture. Let it sit for 15 to 20 minutes, stirring occasionally, until fully rehydrated. If needed, adjust the water amount to reach the desired consistency before serving. Heat prior to serving if desired.

Notes:

This recipe makes a delicious snack even without rehydrating. To enjoy it as an instant hot dish, simply add hot water for quick rehydration, though the zucchini may become slightly softer.

Nutritional Value Per 1 cup serving

Calories: 26 Protein: 1.6 g Fat: 0.3 g Carbohydrates: 5.3 g Sugar: 2.1 g Fiber: 1.6 g

- Baked Asparagus & Brussel Sprouts
- Corn Crunchers
- Edamame Snacks
- Onion Chips
- Quinoa Honey Lime Fruit Bars
- Watermelon Bites
- Yogurt Quinoa and Fruit Bars
- Zucchini or Yellow Squash Chips
- Zucchini Patties



Snacks

Baked Asparagus & Brussel Sprouts

This recipe makes 4-5 cups



Ingredients

1 lb fresh asparagus
1 lb fresh brussels sprouts
4 tbsp olive oil (or broth)
½ tbsp garlic powder
1 tbsp sea salt
½ tsp black pepper

Directions:

1. Preheat the oven to 425°F.
2. Trim the asparagus and cut into bite-sized pieces.
3. Remove the ends of the brussels sprouts, then halve or quarter them depending on their size for even cooking.
4. Place the prepared vegetables into a large mixing bowl.
5. In a measuring cup, combine olive oil (for immediate use) or broth (for long-term storage) garlic powder, sea salt and black pepper. Stir until well mixed.
6. Pour the seasoning mixture over the vegetables and toss thoroughly to ensure even coating.
7. Spread the vegetables out on a large baking sheet in a single layer. Place the brussels sprouts cut side down to encourage caramelization.
8. Roast for 12 minutes, or until the cut sides of the brussels sprouts start to turn a golden brown and the asparagus is tender.
9. Move the baked mixture to a parchment lined tray.
10. Pre-freeze when possible.
11. Freeze dry (my cycle time was 24 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage.

Rehydration:

This can be rehydrated by flooding in hot water and stirring, then draining the remaining water. However, the brussels sprouts turn mushy and aren't as good as fresh. These are an excellent, healthy snack that is also super nutritious.

Notes:

A sprinkle of parmesan cheese prior to baking is a great addition. As noted, for long term storage replace the olive oil for a broth of your choice.

Nutritional Value Per 1 cup

Calories: 145 Protein: 4 g Fat: 12 g Carbohydrates: 10 g Sugar: 3 g Fiber: 4 g

Corn Crunchers

One 110 oz can makes 12 cups



Ingredients

1 #10 Can of Hominy

Seasonings of choice (I used my homemade Traeger rub for some, and an asian blend for others)

Directions:

1. Drain and rinse the hominy and allow it to drip dry.
2. Add hominy to a bowl and add seasonings of choice.
3. Line your tray with parchment, and spread evenly across the tray.
4. Freeze dry (my cycle time was 34 hours).
5. Store in jars for short-term use or in mylar bags for long-term storage.

Rehydration:

No intended for rehydration. This is a tasty snack with the seasonings added.

Notes:

If you are hoping (as I was) for these to be like Corn Nuts®, it doesn't hit the mark. They turn out more like a cracker in a corn shape.

Nutritional Value Per ½ cup

Calories: 90 Protein: 2 g Fat: 1 g Carbohydrates: 18 g Sugar: 0 g Fiber: 2 g

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Edamame Snacks

This recipe makes as much as you wish to prepare



Ingredients

Frozen edamame (recommend buying edamame that can be steamed in the bag)

Add your choice:

1-2 tbsp buffalo sauce per cup of edamame

1-2 tbsp sriracha sauce per cup of edamame

1-2 tbsp sea salt per cup of edamame

Directions:

1. Steam the edamame according to the instructions on the package.
2. Remove the beans from their pods and discard the shells.
3. Optional (to reduce freeze-drying time): Lightly pulse the edamame in a blender or food processor just enough to slightly break the skins. Be careful not to over-process; you want the beans mostly intact.
4. If you are going to flavor the edamame, transfer the beans to a bowl, add your flavoring of choice, and stir until evenly coated.
5. Line your tray with parchment.
6. Spread the edamame across the tray.
7. Pre-freeze or go directly into the freeze dryer.
8. Freeze dry (my cycle time was 24 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended for rehydration. Edamame is a protein packed, nutritious snack!

Notes:

Edamame offers more protein and fiber while containing fewer calories compared to most common nuts like peanuts, cashews, and almonds!

Nutritional Value Per ½ cup

Calories: 125 Protein: 14 g Fat: 0 g Carbohydrates: 8 g Sugar: 2 g Fiber: 5 g

Onion Chips

This recipe makes as many Onion chips as you choose to make



Ingredients

Sweet onions

Directions:

1. Prepare the onions – Peel the onions and slice them into 1 to 1½-inch strips.
2. Arrange on trays – Stack the slices on your trays as needed; they won't stick to each other or the tray.
3. Freezing option – You can either pre-freeze the onions or place them directly into the freeze dryer.
4. Freeze dry (my cycle time was 16 hours)
5. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended

Notes:

Make sure you are using a variety of onion that you like plain before freeze drying, the flavor intensifies. Think Funyuns without all the preservatives.

Nutritional Value Per 1 cup

Calories: 64 Protein: 2 g Fat: 0.2 g Carbohydrates: 15 g Sugar: 7 g Fiber: 3 g

Quinoa Honey Lime Fruit Bars

This recipe makes 8 cups



Ingredients

1 cup quinoa of choice
2 cups water
Dash of salt
1½ cups sliced strawberries
1½ cups diced mango
Juice from **1 lime**
3 tbsp honey
2 tbsp chopped fresh mint
1½ cups blueberries

Directions:

1. Cook 1 cup of quinoa in 2 cups of water with a pinch of salt. Bring to a boil, then reduce heat and simmer for 15-20 minutes until all moisture is absorbed.
2. Let the quinoa cool to room temperature or chill it in the fridge until cold.
3. Add all the fruit to the cooled quinoa and mix well.
4. In a separate bowl, combine lime juice, honey, and mint. Stir until the honey dissolves and the dressing has a thin consistency.
5. Pour the dressing over the quinoa and fruit mixture, then mix thoroughly.
6. Line trays with parchment paper and spread the quinoa salad evenly across the trays. Use dividers to portion into 20 servings before freeze-drying.
7. Pre Freeze when possible
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:

Not intended, however these can be rehydrated by adding a little bit of water at a time, the fruit will be soft as if it had been previously frozen.

Notes:

I spread this mixture across two trays and ended up with 40 bars. Feel free to customize them by using your favorite fruits to make them your own!

Nutritional Value Per 1 bar

Calories: 30 Protein: 6.4 g Fat: 0.3 g Carbohydrates: 6.4 g Sugar: 3 g Fiber: 0.7 g

Watermelon Bites

This recipe makes 10-12 cups of watermelon mixture



Ingredients

1 seedless watermelon
1 (6 oz) pkg watermelon Jello
10 oz boiling water

This recipe contributed by Nancy Nier Prince

Directions:

1. Cut the watermelon into pieces, removing the rind.
2. Blend the watermelon until smooth.
3. In a small bowl or a 2-cup measuring cup, combine the watermelon Jello with 10 oz of boiling water. Stir until fully dissolved.
4. Add the Jello mixture to the blended watermelon and mix until well combined.
5. **For silicone molds:** Fill the molds with the mixture, freeze until solid, then remove from the molds. Place them on a parchment-lined tray and return to the freezer for a few hours before freeze-drying.
6. **For tray method:** Line a tray with parchment paper and pour the watermelon mixture onto it, leaving space for dividers. Add dividers to create 40 portions, then freeze until solid.
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

Rehydration:

Not intended. Assuming 12 servings per recipe

Notes:

Strawberries, raspberries, and mangoes also blend smoothly and pair well with complementary Jello flavors. Pineapple adds a tropical twist but may require a bit more blending to achieve a smooth consistency. Grapes can also be used, though their skins may need to be strained for a smoother texture. Experimenting with different fruit and Jello combinations allows for endless variations, creating fun, freeze-dried snacks with unique flavors.

Nutritional Value Per 1 serving

Calories: 166 Protein: 3 g Fat: .5 g Carbohydrates: 41 g Sugar: 35 g Fiber: 1 g

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Yogurt, Quinoa, and Fruit Bars

This recipe makes 12 cups of bar mix



Ingredients

1 cup quinoa
2 cups water
3 cups chopped fruits of choice
2 tbsp honey
2 tbsp lime juice
32 oz low fat yogurt of choice

Directions:

1. Cook the quinoa in the water and let it cool completely.
2. Combine the cooled quinoa with the chopped fruit. If using blueberries, it's recommended to cut them in half.
3. In a measuring cup, mix the honey and lime juice until smooth, then pour over the quinoa and fruit mixture, stirring well.
4. Line your trays with parchment paper.
5. You can either mix the yogurt with the quinoa and fruit mixture and spread it evenly across two medium trays, or pour the yogurt evenly between the trays and spread it out before adding the quinoa and fruit mixture on top. Press the mixture down gently.
6. Add dividers to create 20 portions.
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 24 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended, this is meant to be eaten as a snack

Notes:

You can use your favorite fruits in this recipe, also change up the flavor if you want by adding flavored low fat yogurt. This recipe made 40 bars with dividers in the 20 portions on medium Harvest Right Trays.

Nutritional Value Per 1 bar

Calories: 26 Protein: 1.25 g Fat: 0.31 g Carbohydrates: 4.65 g Sugar: 3 g Fiber: 0.35 g

Zucchini or Yellow Squash Chips

One medium zucchini makes about 1 ½ cups sliced chips



Ingredients

Zucchini or Yellow Squash

Bragg's Liquid Aminos or Kikkoman's Ponzu

Water

Garlic Powder (optional)

Black Pepper (optional)

This recipe was contributed by Barbara Rouse

Directions:

1. In a large bowl, mix 1 part liquid aminos or ponzu with 3 parts water. For a stronger flavor, mix equal parts of each. Set aside. The amount needed depends on the quantity of squash.
2. Slice the zucchini or yellow squash into thick slices, about ¼ inch thick.
3. Soak the slices in the prepared liquid mixture for 5-10 minutes.
4. Line your freeze-dryer tray(s) with parchment paper and arrange the soaked slices on the tray.
5. If using liquid aminos, optionally sprinkle black pepper and garlic powder over the squash slices.
6. Freeze until completely solid before placing in the freeze dryer.
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:

Not intended

Notes:

For a savory, classic taste, try garlic and onion powder for depth, smoked paprika for mild smokiness, or nutritional yeast for a cheesy, umami flavor. Black pepper and sea salt keep it simple, while Italian seasoning adds a Mediterranean touch with basil, oregano, thyme, and rosemary.

Nutritional Value Per 10-15 chips

Calories: 20 Protein: 2 g Fat: 0 g Carbohydrates: 4 g Sugar: 2 g Fiber: 2 g

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Zucchini Patties

This recipe makes 12-14 patties



Ingredients

2 **cups** grated zucchini
2 eggs, beaten
½ **cup** flour
½ **cup** grated parmesan cheese
½ **cup** shredded mozzarella cheese
¼ **cup** onion, chopped
Salt to taste

Directions:

1. Beat the eggs in a mixing bowl.
2. Add zucchini, flour, cheeses, onion, and salt to the bowl and stir until well combined
3. Preheat indoor countertop grill
4. Scoop rounded tablespoonfuls of the mixture into blobs on the grill. Aim for patties about 2 ½ - 3 inches diameter after flattening in the grill. Close and grill for about 3 minutes. Flip and grill for 3 minutes more.
5. Freeze until frozen solid
6. Freeze dry (my cycle time was 24 hours)
7. Store in mylar bags

Rehydration:

These are great eaten as a hard cracker! To rehydrate, place in very wet paper towels and let rehydrate for 8-24 hours. Reheat on a grill or in a frying pan with a little oil. Don't rush rehydrating by flooding with water or they will turn to mush.

Notes:

Every gardener eventually finds themselves with an abundance of zucchini! This recipe is a delicious way to put it to good use. You can also make it with freeze-dried zucchini—just be sure to rehydrate it separately before incorporating it into the mix.

Nutritional Value Per 1 patty

Calories: 59 Protein: 4 g Fat: 3 g Carbohydrates: 4 g Sugar: 0.5 g Fiber: 0.5 g

- Broccoli Cheese Soup
- Chicken & Rice Soup - Freeze Dried Pantry
- Corn Chowder - Freeze Dried Pantry
- Creamy Taco Soup
- Creamy Tomato Soup
- Creamy Vegetable Soup
- Kielbasa, Potato, and Cheddar Cheese Soup
- Pho
- Pork and Eggplant Stew
- Roasted Red Pepper Bisque
- Savory Crockpot Beef Stew
- Turkey Chili
- Vegetable, Beef, and Barley Soup
- White Chili With Chicken

Soups



Broccoli Cheese Soup

This recipe makes about 8 cups of soup



Ingredients

1 medium potato, diced
½ medium onion, diced
3 cups broccoli, finely chopped
1-2 stalks celery, diced (optional)
3-4 carrots, finely chopped (optional)
2 cloves minced garlic
3 cups vegetable broth
2 cups milk
2 cups shredded cheese

Directions:

1. Heat a large soup pot over medium heat and add 2 tablespoons of vegetable broth.
2. Add all the vegetables except the broccoli and sauté until tender and fragrant.
3. Add the remaining vegetable broth and milk to the vegetables, stirring well. Bring the mixture to a gentle simmer and let it cook for 5 minutes.
4. In a separate pan, cook the broccoli by covering the bottom of a frying pan with water, adding the broccoli and a lid, and “steaming” the broccoli for a few minutes.
5. After the vegetable and milk mixture has cooked for 5 minutes, add it to a blender and blend until smooth (you can add about ½ cup of cashews if you want a creamier soup). After blending, pour it back into the soup pot. (For a chunkier soup, skip this step)
6. Gradually add the shredded cheese, stirring constantly until it is fully melted and the soup becomes smooth and creamy.
7. Add the chopped, cooked broccoli and stir
8. Remove the pot from heat and allow the soup to cool slightly.
9. Evenly spread the cooled soup across silicone or parchment-lined trays
10. Add dividers if using. We like the 10-portion setting.
11. Freeze dry (my cycle time was 30 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

To rehydrate a single serving, add 1 cup of hot water to 2 divider portions or about 1 ½ cups of freeze-dried soup and stir until well combined. Let the mixture sit for 2 to 3 minutes, allowing the soup to fully absorb the water and regain its creamy texture. Adjust the consistency by adding more or less water to suit your preference.

Notes: The blended version rehydrated better than the chunky version

Nutritional Value Per 1 cup serving

Calories: 236 Protein: 14 g Fat: 14 g Carbohydrates: 16 g Sugar: 6 g Fiber: 2 g

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Chicken & Rice Soup

Freeze-Dried Pantry

This recipe makes two-2 cup servings



Ingredients

¼ cup of freeze-dried broth or 2 bouillon cubes
1 cup cooked, freeze-dried rice
½ cup freeze-dried chicken (cubed or shredded)
½ cup freeze-dried celery, diced
½ cup freeze-dried onions, diced
½ cup freeze-dried carrots, thinly sliced
1 freeze-dried lemon slice
2 tsp freeze-dried thyme
1 bay leaf (optional)

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

Directions:

1. Add all the ingredients to a mylar bag, jar, or bowl, add an oxygen absorber, and vacuum seal

Rehydration:

Add about 2-3 cups of hot water (fill the jar to the top). 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 2 cup serving

Calories: 168 Protein: 10 g Fat: 1 g Carbohydrates: 30 g Sugar: 3 g Fiber: 3 g

Corn Chowder- Freeze-Dried Pantry

This recipe makes 6-8 cups of corn chowder, depending if it's a stew or blended



Ingredients

4 cups diced potatoes-freeze-dried
2 cups diced onions-freeze-dried
1½ cup carrot medallions-freeze-dried
2½ cups sweet corn-freeze-dried
1 cup chopped celery-freeze-dried
1 tbsp Italian seasoning
1½ tsp granulated garlic
8 cups water
freeze-dried rosemary to taste

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

Directions:

1. Add all ingredients into a large stock/soup pot on the stove
2. Bring to a boil and then simmer for 15-20 minutes (add water as needed)
3. You can eat it chunky, or you can blend it for a creamy corn chowder

Notes:

You could rehydrate this in a jar or a bag with boiling water. Reduce the ingredients to 1-2 servings and store in a mylar bag or jar. Allow to sit covered for 15 minutes to rehydrate completely.

Nutritional Value Per 1 cup of corn chowder, rehydrated

Calories: 210 Protein 6 g Fat 1 g Carbohydrates 48 g Sugar 9 g Fiber 8 g

Creamy Taco Soup

This recipe makes about 7 cups



Ingredients

1 lb ground beef
1 small onion, diced
2 cloves garlic, minced
2 tbsp taco seasoning
1 -8 oz package of cream cheese, softened
2 cups beef broth
1- 10 oz can diced tomatoes with green chilies, undrained
1/2 cup whole milk
salt & pepper, to taste

Directions:

1. In a large pot or Dutch oven over medium heat, add the ground beef, diced onion, and minced garlic. Cook until the beef is browned and the onion is translucent, about 5-7 minutes.
2. Drain and rinse any excess fat from the beef
3. Stir in the taco seasoning and cook for another minute
4. Reduce the heat to medium-low. Add the softened cream cheese to the pot, breaking it up with a spoon. Stir continuously until the cream cheese is fully melted and incorporated.
5. Pour in the beef broth, diced tomatoes with green chilies (including the liquid), and whole milk.
6. Stir well to combine and bring the soup to a gentle simmer. Let it cook for about 15 minutes, stirring occasionally.
7. Add salt and pepper as needed
8. Add parchment paper to your trays
9. Ladle the soup onto trays
10. Add dividers if using for easy portioning. We like the 10-portion setting
11. Pre Freeze when possible
12. Freeze dry (my cycle time was 35 hours)
13. 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 soup to a bowl with 1 cup of hot water. Cover and let it sit for 3-4 minutes. Stir and enjoy

Notes:

Add a chopped jalapeño or a little cayenne pepper when cooking the onions and garlic for a spicier soup.

Nutritional Value Per 1 ½ cups pre-freeze-dried

Calories: 288 Protein: 13 g Fat: 24 g Carbohydrates: 5 g Sugar: 1 g Fiber: 1 g

Creamy Tomato Soup

This recipe makes 6 cups of soup



Ingredients

2 tbsp vegetable broth for sauteing
1 medium sweet onion, chopped
28 oz fire roasted canned crushed tomatoes
2 cups vegetable broth
½ cup raw cashews
½ tsp salt, or more to taste
1 tsp granulated sugar, optional to cut the acidity

Directions:

1. In a large pot, sauté the onion with a splash of broth or water over medium heat for 4 to 5 minutes until soft and translucent
2. Add the crushed tomatoes and vegetable broth to the pot and stir
3. Bring the mixture to a boil then add the cashews
4. Reduce the heat and let the soup simmer for about 20 minutes
5. Carefully transfer the soup to a blender Use a towel to protect yourself from any splatters and blend until the soup is very smooth
6. Allow the soup to cool slightly
7. Pour the soup onto parchment-lined trays
8. Add dividers in the ten portion configuration
9. It is recommended to pre-freeze liquids before freeze drying
10. Freeze dry (my cycle time was 13 hours)

Rehydration:

Add 3/4-1 cups of hot water to 1/2 cup of tomato soup powder or 2 divider portions. Stir and cover for 3-4 minutes. Stir again.

Notes:

This soup is delicious with grilled cheese dunkers. We used 15-20 dunkers per serving of soup. Enjoy!

Nutritional Value Per 1 ½ cup serving

Calories: 171 Protein: 5 g Fat: 7 g Carbohydrates: 22 g Sugar: 11 g Fiber: 2 g

Creamy Vegetable Soup

This recipe makes about 20 cups of soup



Ingredients

2 medium vidalia onions, diced
8 carrots, diced
8 celery stalks, diced
4 **tsp** minced garlic or 2 cloves, minced
2 **tsp** salt
½ **tsp** red pepper flakes
¼ **tsp** black pepper
8 medium russet potatoes, cubed
8 **cups** vegetable broth
½ **cup** heavy cream

*see dairy free cream option in notes

This recipe was contributed by Hallie Thompson

Directions:

1. In a 6-quart pan, combine half of the broth with all ingredients except the potatoes and cream. Cook over medium-high heat for 8-10 minutes, stirring occasionally. Add more broth if needed.
2. Next, add the potatoes and remaining broth, ensuring the vegetables are covered by at least ½ inch of liquid. Add extra broth if necessary.
3. Bring the mixture to a boil, then cover and reduce to a simmer for 20 minutes, or until the potatoes are tender and can be easily pierced with a fork.
4. Remove from heat and stir in the heavy cream until fully blended.
5. Blend the soup in a blender until smooth, working in batches if necessary and mixing everything back together in a bowl.
6. Allow the soup to cool slightly.
7. Evenly spread the cooled soup across parchment-lined trays
8. Add dividers if using. We like the 10-portion setting.
9. Freeze dry
10. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

To rehydrate a single serving, add 1 cup of hot water to 2 divider portions or about 1 ½ cups of freeze-dried soup and stir until well combined. Let the mixture sit for 2 to 3 minutes, allowing the soup to fully absorb the water and regain its creamy texture. Adjust the consistency by adding more or less water to suit your preference.

Notes:

To make this dairy free use cashew cream in place of dairy cream. Boil 1 ½ cups cashews for 10 minutes. Drain the cashews and add to a high power blender with 1 cup of water. Blend until smooth.

Nutritional Value Per 1 ½ cup serving

Calories: 162 Protein: 3 g Fat: 3 g Carbohydrates: 31 g Sugar: 6 g Fiber: 3 g

Kielbasa, Potato, and Cheddar Cheese Soup

This recipe makes about 20 cups of soup



This recipe was contributed by Hallie Thompson

Ingredients

Olive oil spray (use sparingly)
3 packages - 13 oz turkey Polish kielbasa (cut into small ½" pieces)
2 cups finely chopped Vidalia onions
3 cups peeled and diced carrots
1 cup finely diced celery
4 lbs russet potatoes, peeled and diced into small 1" x 1" pieces
3 (14 oz) cans low-sodium chicken broth
2 Tbsp flour
1 cup half and half
3 cups 2% milk
3 cups shredded sharp cheddar cheese
2 Tbsp dried parsley
1 tsp salt (or to taste)
½ tsp pepper (or to taste)

Directions:

1. Spray a large pan with olive oil spray. Add the kielbasa pieces and cook over medium heat, stirring frequently for 15 minutes. Transfer the cooked kielbasa to a large pot.
2. Spray the pan with olive oil spray again. Add the diced onions, celery, and carrots. Cook over medium heat, stirring occasionally, for 15 minutes. Transfer the vegetables to the large pot with the kielbasa.
3. Add the salt, pepper, and parsley to the pot and stir to combine.
4. Add the diced potatoes, chicken broth, and milk to the pot. Bring to a simmer over medium heat.
5. In a small bowl, whisk together the 2 tablespoons flour and half and half until smooth. Slowly pour it into the pot while stirring. Let the soup simmer for 20 minutes, or until the potatoes are fully cooked.
6. Remove the pot from heat and stir in the shredded cheddar cheese until fully melted.
7. Let the soup cool slightly. Line your freeze-drying trays with parchment paper, then spread 5 cups of soup evenly on each tray. Add dividers if you choose, we like using the 10 portion setting.
8. Pre Freeze when possible
9. Freeze dry (my cycle time was 38 hours)
10. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

To rehydrate, place 1 ½ cups (3 portions) of freeze-dried soup into a bowl or pot. Slowly add 1 ½ cups of hot water, stirring continuously to help the soup absorb the liquid evenly. Let the soup sit for 5 to 10 minutes, stirring occasionally, until fully rehydrated. If the consistency is too thick, add more hot water gradually until it reaches your desired texture.

Notes:

Nutritional Value is based on assuming 1 ½ cup servings and 13 servings per batch.

Nutritional Value Per 1 ½ cup serving

Calories: 452 Protein: 27 g Fat: 20 g Carbohydrates: 40 g Sugar: 10 g Fiber: 3 g

Pho

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 beef 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 beef (tenderloin, sirloin, ribeye)
8 oz rice noodles
4 cups bean sprouts
3 cup mushrooms sliced
10 green onions or scallions, chopped
1 bunch cilantro, chopped

Directions:

1. Place the meat in the freezer for 20-30 minutes for easier slicing
2. Set the Instant Pot to "Sauté" mode and add sesame oil.
3. Add star anise, cloves, cinnamon sticks, and coriander seeds—toast for about 1 minute until fragrant.
4. Stir in garlic, onions, and ginger. Sauté until onions are lightly sauteed
5. Add lemongrass, five-spice powder, salt, and pepper. Pour in the vegetable broth and stir to combine.
6. Seal the Instant Pot and cook on high pressure for 15 minutes.
7. Allow a natural release for 10 minutes before manually releasing any remaining pressure
8. While the broth cooks, slice the beef very thin (the thinner the better)
9. Remove the solids from the broth using a strainer. Strain the hot broth equally into 2 bowls (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 one bowl of hot broth and add the thinly sliced beef to the 2nd bowl. Let the rice and beef soak for 15 minutes.
11. Evenly spread mushrooms, cilantro, green onions, bean sprouts, and any other desired garnishes across the freeze-dryer trays. Then distribute the beef 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: 238 Protein: 16 g Fat: 11 g Carbohydrates: 21 g Sugar: 3 g Fiber: 3 g

Pork and Eggplant Stew

This recipe makes about 20 cups of stew



This recipe was contributed by Hallie Thompson

Ingredients

2 lb boneless pork loin, cut into small pieces
2 medium Vidalia onions, halved and thinly sliced into rings
1 tsp minced garlic
4 medium peeled and cubed eggplants
2 14.5 oz cans diced tomatoes (undrained)
1 medium red pepper, diced
1 medium yellow pepper, diced
3 11.5 oz cans vegetable juice (one divided for browning and cooking in place of oil)
2 tsp oregano
2 tsp basil
1 tsp salt
½ tsp pepper
2 tbs parsley
¾ cup feta cheese crumbles

Directions:

1. Peel, slice, and lightly salt the eggplant, stacking layers with salt between them on a tray.
2. Place a second tray on top, add a heavy object, and let drain for 1 hour.
3. Rinse the slices, pat dry with paper towels, and clean the trays.
4. Cube the eggplant and set aside.
5. Pour ½ cup vegetable juice into a 6-quart pan. Add the pork, onions, and garlic. Cook over medium-high heat until the pork is browned and the onions are tender, adding more vegetable juice if needed.
6. Add the remaining vegetable juice and all other ingredients except the cheese. Stir to combine.
7. Bring to a boil, then cover and reduce heat to a simmer. Cook for about 15 minutes or until the vegetables are tender. Remove from heat and stir in the crumbled feta cheese.
8. Let cool, then spread onto freeze-dry trays. Use dividers set to 10 if pre-portioning is desired.
9. Freeze until frozen solid.
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:

To rehydrate 3 portions of stew, add 1 to 1.25 cups of hot water and let it sit for 5–10 minutes, stirring occasionally. If the consistency is too thick, add more water gradually until desired texture is reached. Heat if needed before serving.

Notes:

Garnish the stew with fresh parsley, extra crumbled feta, or a drizzle of olive oil for added flavor. Serve with crusty bread, rice, or quinoa to soak up the broth, or pair it with a simple side salad for a fresh contrast.

Nutritional Value Per 1 ½ cups

Calories: 101 Protein: 8.1 g Fat: 3.2 g Carbohydrates: 7.3 g Sugar: 3.8 g Fiber: 2.2 g

Roasted Red Pepper Bisque

This recipe makes 5-6 cups of soup



Ingredients

2 tomatoes, halved
3 red peppers, halved and seeded
1 yellow onion, quartered
2 garlic cloves, peeled and halved
2 Tbsp olive oil
2 cups veggie stock
Pinch of salt and pepper
¼ cup basil, chopped
¼ tsp Italian seasoning
¼ tsp paprika

Directions:

1. Spread the peppers, tomatoes, onion, and garlic on a parchment-lined baking sheet. Drizzle with oil, sprinkle with salt and pepper, and bake at 375°F for 45 minutes.
2. Heat a pot over medium heat and add the stock. Stir in the roasted vegetables and the remaining ingredients. Bring to a simmer and cook for 10 minutes.
3. Puree the mixture using an immersion blender, then let it cool.
4. Add parchment paper to your trays
5. Pour into your freeze-drying tray,
6. Place dividers (if you choose). We like to use 10 portions per tray
7. Freeze until frozen solid
8. Freeze dry (my cycle time was 28 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

3 portions of the 10 portions will rehydrate with ¾ cup to 1 cup of hot water. Rehydration is almost instantaneous with this soup.

Notes:

For long term storage you may want to omit the olive oil when roasting your vegetables in the oven.

Nutritional Value Per 1 cup

Calories: 130 Protein: 6 g Fat: 3 g Carbohydrates: 19 g Sugar: 16 g Fiber: 2 g

Savory Crockpot Beef Stew

This recipe makes 10 cups of stew



Ingredients

1 lb stew meat
Beef broth
1 onion, chopped
Garlic to taste
2 Tbsp orange juice concentrate
1 cup cream sherry
1 Tbsp tomato paste
2 tsp beef bouillon
2 cups water
Salt to taste
Pepper to taste
Nutmeg to taste
4 carrots, sliced
1 large potato, cubed
Flour and water slurry

Recipe contributed by Nancy Tyrell

Directions:

1. Brown the stew meat in beef broth, then transfer it to the crock pot.
2. In the same pan, sauté the onions and garlic until fragrant. Add the orange juice concentrate, cream sherry, tomato paste, and beef bouillon.
3. Pour in the water and stir until well combined.
4. Add the cubed potatoes and carrots to the crock pot with the meat, then pour the liquid mixture over the top and stir to combine.
5. Cook on low heat for 6 to 8 hours.
6. Add a slurry of water and flour, then cook for an additional 30 minutes.
7. Let cool completely in the refrigerator.
8. Spread evenly across trays. To pre-portion, use dividers set to 10 portions.
9. Freeze until solid.
10. Freeze dry (my cycle time was 31 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Place three ½-cup portions of freeze-dried stew into a bowl or heat-safe container. Start with 1 cup of the 1 ½ cups of hot water and stir gently to distribute the water evenly. Cover and let sit for 10–15 minutes, stirring occasionally. Add more hot water as needed, a little at a time, until the stew reaches the desired consistency. Serve and enjoy.

Notes:

Cutting stew meat and vegetables into smaller pieces helps them rehydrate more quickly and evenly after freeze-drying. Smaller sizes allow water to penetrate faster, reducing soak time and ensuring a better texture in the final dish.

Nutritional Value Per 1 ½ cup serving

Calories: 245 Protein: 19 g Fat: 4 g Carbohydrates: 26 g Sugar: 9 g Fiber: 5 g

Turkey Chili

This recipe makes 16 cups of Turkey Chili



This recipe was contributed by Hallie Thompson

Directions:

1. Using an 8-quart pot with a lid, add onion, turkey, garlic, and broth. Cook on medium-high heat for 15 minutes, chopping up the turkey and stirring continuously.
2. Add red pepper, chili powder, Worcestershire sauce, salt, pepper, oregano, cumin, basil, and green chilis. Continue cooking until almost all of the liquid is gone, but not completely. This will help cook in the flavor and takes approximately 30 minutes.
3. Add tomato paste, tomato sauce, chopped tomatoes, and beans.
4. Bring to a boil while stirring, then cover, reduce heat, and simmer for about 1 hour.
5. Remove from heat and let cool.
6. Add 4 cups per medium tray, then use dividers set to 10 portions to pre-portion the chili. Cover with a lid and freeze until frozen solid.
7. Freeze dry (my cycle time was 39 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

To rehydrate one serving, add $\frac{3}{4}$ to 1 cup of boiling water to $1\frac{1}{2}$ to 2 cups of freeze-dried chili. Stir, let sit for 3-5 minutes, then check the consistency. Add up to $1\frac{1}{3}$ cups of water as needed, stirring until fully rehydrated. Adjust for desired thickness.

Notes:

Make sure to drain and rinse all the beans. Using dividers 2-3 portions will yield $1\frac{1}{2}$ cup to 2 Cup serving size. It is recommended to pre-freeze soups before freeze drying to ensure that they are frozen evenly before your vacuum pump kicks on.

Ingredients

2 lbs ground turkey
1 $\frac{1}{2}$ cups Vidalia onion, chopped
 $\frac{1}{2}$ cup chopped red pepper
1 Tbsp minced garlic
3 - 14.5 oz cans chopped tomatoes
1 - 15.5 oz can dark red kidney beans
1 - 15.5 oz can black beans
2 - 15.5 oz cans light small Red Beans
5 Tbsp tomato paste
1 - 8 oz can tomato sauce
1 - 14.5 oz can chicken broth
1 - 4.5 oz can chopped green chilis
 $1\frac{1}{2}$ Tbsp Worcestershire sauce
1 tsp salt
 $\frac{1}{2}$ tsp black pepper
2 Tbsp chili powder
1 Tbsp dried oregano
1 tsp cumin
 $\frac{1}{2}$ tsp dried basil

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

Calories: 195 Protein: 17 g Fat: 4.5 g Carbohydrates: 23 g Sugar: 4.5 g Fiber: 7 g

Vegetable, Beef, and Barley Soup

This recipe makes about 22 cups of soup



Ingredients

3 lbs lean hamburger
4 bunches green top onions, chopped,
or **2 medium** onions, finely chopped
64 oz beef bone broth
4 - 14 oz cans petite diced tomatoes
2 cups water
2 - 10.75 oz cans condensed tomato
soup
½ small bag shredded carrots
6 celery stalks, finely chopped
8 Tbsp pearl barley
½ tsp thyme
1 Tbsp smoked paprika
2 tsp Bragg sea kelp delight seasoning

This recipe was contributed by Kathryn Grace

Directions:

1. Brown the hamburger and onions together in a pan on the stove. When done, blot as much grease from the mixture as possible.
2. While browning the hamburger and onions, add everything else to your Instant Pot and turn to sauté, stirring occasionally to keep the barley from clumping.
3. Add the browned hamburger and onions to the Instant Pot, put the lid on, and cook under high pressure for 30 minutes. Allow a 20-minute natural release.
4. Carefully open the lid.
5. Allow the soup to cool, then spread it evenly across parchment-lined trays. Use dividers and set to 10 portions to pre-portion if desired.
6. Freeze until solid.
7. Freeze dry (my cycle time was 48 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

To rehydrate 1 serving (three portions), add the freeze-dried soup to a bowl or pot. Pour 1.5 to 2 cups of hot water over it, stirring gently. Let sit for 5-10 minutes, stirring occasionally. Add more water if needed until it reaches the desired consistency.

Notes:

For a similar texture and thickening effect, brown rice makes a great gluten-free alternative with a slightly chewy consistency. Quinoa is another option, offering a lighter texture while adding extra protein. Farro, bulgur, and couscous also work well, with farro providing a nutty chewiness, bulgur softening quickly, and couscous being a fast-cooking substitute with a mild wheat flavor.

Nutritional Value Per 1 ½ cup serving

Calories: 205 Protein: 16 g Fat: 8 g Carbohydrates: 17 g Sugar: 8 g Fiber: 3 g

White Chili With Chicken

This recipe makes approximately 9.5 cups of chili



Ingredients

2 tsp avocado oil, divided
2 lbs cubed chicken breast
Sea salt
Black pepper
4 cloves garlic, minced
1 medium onion, finely diced
3 ribs celery, finely diced
2 tbsp chili powder
2 tsp ground cumin
¼ tsp cinnamon
Pinch of cloves
6 cups chicken broth
3 oz pine nuts
1 15-ounce can sweet potato puree
Chipotle powder, to taste
2 tsp red wine vinegar
2 tsp coconut aminos

This recipe was contributed by Martha Rayon

Directions:

1. Heat 1 teaspoon of avocado oil (or broth) in an Instant Pot on Sauté mode or in a pan on the stove.
2. Season the cubed chicken with 1 tsp salt and sear it in batches until browned. Remove and set aside.
3. Reduce heat to medium and add the remaining 1 teaspoon oil (or broth).
4. Add the garlic, onion, and celery. Sauté for about 5 minutes, until softened.
5. Stir in the chili powder, cumin, cinnamon, and cloves. Cook for 1 minute to release flavors.
6. Pour in the chicken broth, scrape the bottom of the pot to deglaze, and transfer to the Instant Pot if using a stovetop pan. Return the seared chicken to the pot.
7. Add the pine nuts, sweet potato puree, chipotle powder (to taste), red wine vinegar, coconut aminos, 2 teaspoons salt, and black pepper. Stir to combine.
8. For Instant Pot: Cook on High Pressure for 13 minutes, followed by a natural pressure release.
9. For Slow Cooker: Cover and cook on Medium for 6 hours.
10. Let the chili cool completely before transferring to parchment-lined freeze dryer trays. Freeze solid before freeze drying.
11. Freeze dry (my cycle time was 35 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

To rehydrate one serving of freeze-dried chili, place 1 cup of freeze-dried chili in a bowl or pot. Add ¾ cup of hot water and stir. If it's too thick, gradually add more water, up to 1 cup. Let it sit for 20 minutes, stirring occasionally. For faster rehydration, heat on low while stirring.

Notes: This pairs wonderfully with sliced scallions and a dollop of sour cream.

Nutritional Value Per 1 cup of freeze dried chili mix

Calories: 229 Protein: 26 g Fat: 10 g Carbohydrates: 11 g Sugar: 6 g Fiber: 2 g

- Candy Canes
- Fruit Powder Frosting - Freeze Dried Pantry
- Greek Yogurt Strawberry Bites
- Lite Strawberry Cheesecake Bites
- Pear Cobbler - Freeze Dried Pantry
- Peppermint Patties
- Raspberry Cookies - Freeze Dried
- Red Hots
- Salt Water Taffy
- Starburst Mini
- Strawberry Crisp - Freeze Dried Pantry
- Strawberry Syrup - Freeze Dried Pantry
- Stuffed Fruit Roll Ups
- Werther's Original Soft Caramels



Sweets & Treats

Candy Canes

About 14 mini candy canes crushed makes 1 cup



Ingredients

High quality candy canes

These will expand quite a bit, so mini are recommended but you can do full size candy canes

Directions:

1. Preheat your oven to 220°F
2. Set the freeze dryer temp to 150°F and start the freeze dryer.
3. Once the 15 minute cool down is done, turn on Candy Mode, then Hit Start and Warm trays (you will want this warm time to keep going until you put the candy canes in, so set for longer than you need).
4. Spread candy canes out on a parchment lined tray.
5. Heat the candy canes in the oven until they are very soft 15-30 minutes (brand dependent).
6. Move trays quickly into the preheated freeze dryer.
7. To begin, either touch the Leaf icon or press the down arrow until the time reaches zero, which will start the vacuum pump.
8. Let the candy canes run for 4-6 hours minimum.
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended for rehydration. These are a freeze dried sweet treat!

Notes:

Good quality candy canes produce better freeze dried treats.

Nutritional Value Per 1 mini candy cane

Calories: 20 Protein: 0 g Fat: 0 g Carbohydrates: 5 g Sugar: 4 g Fiber: 0 g

Fruit Powder Frosting

Freeze Dried Pantry

This recipe makes enough frosting for about 12 cupcakes (3 cups)



Ingredients

1/3 cup instant pudding mix (vanilla, cheesecake, or white chocolate)
2 cups heavy whipping cream
1/2 cup confectioners sugar
1 cup freeze-dried fruit powder of choice (add more or less to taste)

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

Directions:

1. In a medium to large mixing bowl, combine the whipping cream, pudding mix, and confectioners sugar. Use a hand mixer or stand mixer on medium-high speed to beat the mixture until stiff peaks form, which should take about 3 to 5 minutes. The frosting should be thick and hold its shape when the beaters are lifted.
2. Sift the freeze-dried fruit powder to remove any clumps, then gently fold it into the frosting until fully incorporated. Adjust the amount to taste, adding more for a stronger fruit flavor or less for a milder taste.
3. Store the frosting in an airtight container in the refrigerator if using within a few days. For longer storage, freeze in a sealed container.

Rehydration:

Not applicable

Notes:

Any extra frosting can be piped or spread onto parchment paper and freeze-dried to make delicious frosting bites, perfect for snacks or decorating treats.

Nutritional Value Per ¼ cup frosting

Calories: 176 Protein: 1 g Fat: 14.7 g Carbohydrates: 11 g Sugar: 11 g Fiber: 1 g

Greek Yogurt Strawberry Bites

This recipe makes about 50 bites



Ingredients

15 strawberries
32 oz plain greek yogurt
¼ tsp vanilla
⅓ cup maple syrup
3 tsp white sugar

Directions:

1. Slice the strawberries about ⅛" thick.
2. Mix yogurt, vanilla, sugar, and syrup to combine.
3. Line your tray with parchment or silicone.
4. Place a dollop of yogurt mix on the tray and top with a sliced strawberry. Repeat until you have all you want or you run out of ingredients.
5. Pre-freeze when possible.
6. Freeze dry (my cycle time was 25 hours).
7. Store in jars for short-term use or in mylar bags for long-term storage.

Rehydration:

Not intended for rehydration. These are a freeze dried sweet treat!

Notes:

Greek yogurt on its own does not hold shape well, and becomes powdery. The extra ingredients in this recipe act as binding agents to help these hold their shape.

Nutritional Value Per 1 bite

Calories: 8 Protein: 1 g Fat: 0 g Carbohydrates: 1 g Sugar: 1 g Fiber: 0 g

Lite Strawberry Cheesecake Bars

This recipe makes about 2 cups



Ingredients

8 oz cream cheese, softened
1 cup freeze dried fruit powder (or to taste)
8 oz heavy cream
½ cup powdered sweetener mixture
2 Tbsp powdered sugar
Dash vanilla, (optional)
Dash salt, (optional)

This recipe was contributed by Martha Rayon

Directions:

1. Gradually add water to the fruit powder, stirring until all the powder is evenly moistened and forms a thick paste. Set aside.
2. Prepare the sweetener mixture. I used a blend of allulose, monk fruit, inulin, and stevia, which resulted in excellent texture and taste.
3. Add 2 tablespoons of powdered sugar to the sweetener mixture for enhanced taste and final texture.
4. In a deep bowl, whip the heavy cream until stiff peaks form. Set aside.
5. Working quickly, whip the cream cheese and sweetener mixture together until light and fluffy.
6. Add the rehydrated fruit powder paste and continue whipping until well combined.
7. Gently fold in ⅓ of the whipped cream using a rubber spatula to lighten the mixture.
8. Carefully fold in the remaining whipped cream, ensuring a smooth and airy consistency.
9. Spoon the mixture onto a parchment-lined tray and use dividers to create 40 portions.
10. Pre-freeze when possible.
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:

Not intended for rehydration. This is a freeze dried sweet treat!

Notes:

If using a store-bought sweetener blend, Swerve and Lakanto work well for this recipe, or create your own:

- Start with the least sweet ingredients, such as allulose and Fiber Yum, using the largest portion.
- Add moderate sweetness ingredients, like inulin and monk fruit, in smaller amounts.
- Finish with tiny amounts of intensely sweet ingredients, such as stevia and erythritol.

Nutritional Value Per 1 bar

Calories: 30 Protein: 0 g Fat: 2 g Carbohydrates: 2 g Sugar: g Fiber: 0.5 g

Pear Cobbler

Freeze Dried Pantry

This recipe will make 1 - 8"x11" cobbler



Ingredients

Filling:

12 cups freeze dried pear slices
¼ - ½ cup sugar
¼ tsp cinnamon
3 Tbsp water
1 Tbsp cornstarch
1 Tbsp lemon juice

Topping:

1 ½ cups all-purpose flour
⅓ cup brown sugar
1 Tbsp baking powder
¼ tsp salt
⅔ cup milk
3 Tbsp unsalted butter, melted

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

Directions:

1. Rehydrate the freeze-dried pears by placing them in a bowl of cold water. Let them soak until tender, then strain and set aside.
2. Preheat the oven to 375°F and grease an 8 x 11-inch oven-safe glass or ceramic baking dish.
3. Spread the rehydrated pears evenly in the baking dish. Sprinkle it with lemon juice, sugar, and cinnamon.
4. In a small bowl, mix water and cornstarch until dissolved. Pour the mixture over the pears, stir gently, and set aside.
5. In a separate mixing bowl, combine flour, sugar, baking powder, and salt.
6. Add milk and melted butter to the dry ingredients and stir lightly until just moistened. Do not overmix.
7. Drop spoonfuls of the topping onto the pear mixture, forming mounds. Lightly spread each mound with the back of a spoon or spatula, but do not cover all the pears.
8. Bake for approximately 25 minutes, or until the topping is golden brown and fully baked inside. To check for doneness, lift a piece of the topping slightly to see if it is still unbaked inside.
9. If the topping is browned on the outside but still undercooked inside, tent the dish with foil to prevent over-browning. Lower the oven temperature to 325°F and bake for up to 15 more minutes until the topping is fully set.
10. Remove from the oven and let cool on a wire rack. Serve warm. The cobbler can be reheated if needed.
11. Store leftovers appropriately, either covered at room temperature for a short period or refrigerated for longer storage.

Rehydration:

Not applicable

Notes:

This recipe can also be made using freeze dried apple slices

Nutritional Value Per 1 cup serving

Calories: 143 Protein: 2.4 g Fat: 3.2 g Carbohydrates: 26.3 g Sugar: 12 g Fiber: 1.75 g

Peppermint Patties

About 10 peppermint patties makes 1 cup when crushed



Ingredients

York Peppermint Patties, unwrapped

Directions:

1. If using regular-sized pieces, cut them into quarters, as they expand significantly.
2. Set your freeze drying temperature to 150°F.
3. Line trays with parchment paper and spread the candy pieces apart. Do not overfill, as they will expand during the process.
4. After the 15-minute cool-down period, place the trays into the freeze dryer, turn on Candy Mode
5. Warm the trays for 5–10 minutes. The exact time may vary, so adjust based on your specific conditions.
6. Freeze dry for 4–6 hours.
7. Allow the candy to cool completely before packaging.
8. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not Intended

Notes:

Getting the perfect freeze-dried candy requires time and patience, as results vary based on your location and machine. Many factors influence the outcome, so experimentation is key to finding what works best for you.

Nutritional Value Per 2 Peppermint Patties

Calories: 120 Protein: 1 g Fat: 2.5 g Carbohydrates: 27 g Sugar: 22 g Fiber: 0 g

Raspberry Cookies Freeze-Dried Pantry

This recipe makes about 22 cookies



Ingredients

1 cup freeze-dried raspberry powder
1 cup unsalted butter softened
1 cup granulated sugar
1 large egg
1 ¾ cup all-purpose flour
¾ tsp salt
½ tsp baking soda
¼ cup granulated sugar for rolling

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

Directions:

1. Preheat the oven to 350°F.
2. In a large bowl, cream together the butter and granulated sugar on medium-high speed for about 2 minutes until light and fluffy
3. Add the raspberry powder, reserving 1 tablespoon for later, and mix on low speed until fully incorporated
4. Stir in the egg until well combined
5. In a separate bowl, whisk together the flour, salt, and baking soda
6. With the mixer on low speed, gradually add the dry ingredients to the raspberry mixture, mixing until fully combined
7. In a small bowl, combine the reserved raspberry powder with ¼ cup of granulated sugar and whisk until evenly blended
8. Using a 1½ tablespoon scoop, portion out the dough and roll it between your palms into smooth balls
9. Roll each dough ball in the raspberry-sugar mixture until fully coated, then place them on a parchment-lined baking sheet, spacing them 2 inches apart.
10. Bake on the center rack for 11 minutes
11. Let the cookies cool on the baking sheet for a few minutes before carefully transferring them to a cooling rack to cool completely.

Note:

Use raspberry powder as a substitute for food coloring.

Nutritional Value Per 1 cookie

Calories: 160 Carbohydrates 22 g Protein 8 g Fat 7 g Fiber 0 g Sugar 13 g

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Red Hots®

Use 6 oz on a small tray, 8 oz on a medium, 11 oz on large



Ingredients

Red Hots®

Directions:

1. Start the freeze dryer in Candy Mode at 150°F. Allow a 15-minute cool-down, then select "Start" with the warm tray option. Add an extra hour of warm time; this hour won't be used but allows time for other steps.
2. Preheat the oven to 220°F.
3. Line the trays with parchment paper and spread Red Hots® evenly across them.
4. Place the trays in the oven and heat for 45 minutes.
5. Quickly transfer the trays from the oven to the freeze dryer. Close the drain valve and reduce the remaining Warm Tray time to zero.
6. Process for 6 hours.
7. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended. These are a freeze dried sweet treat!

Notes:

Some people like to use a higher temp in their ovens for less time, make sure that the red hots have started to melt regardless of the method you choose.

Nutritional Value Per 24 pieces

Calories: 60 Protein: 0 g Fat: 0 g Carbohydrates: 15 g Sugar: 12 g Fiber: 0 g

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Salt Water Taffy

15 pieces of taffy per medium tray; 21 pieces of taffy per large tray



Ingredients

Salt water taffy

Recommend Taffy Town or other high quality taffy

Directions:

1. Unwrap taffy, cut into quarters, and space pieces on a parchment-lined tray. A medium tray holds 15 pieces, a large tray holds 21.
2. Do not store cut taffy in a container, or it will stick together. You can cover the tray and leave it overnight if needed.
3. Use stackers to prevent taffy from sticking to the tray above when moving to the freeze dryer.
4. Set the freeze dryer to 135°F and allow it to cool down.
5. Close the drain valve. For small and medium machines, add taffy, select "Candy Mode," click "Continue," "Start," and set the time to 0:00. For large and extra-large machines, wait until the temperature reaches 115°F–125°F before adding taffy to prevent over-expansion.
6. Run for 4–6 hours or longer as needed.
7. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended

Notes:

Setting the time to zero during tray warm means that once your machine gets to temp your pump will kick on. Allowing your machine to warm to temp is enough warm time for taffy.

Nutritional Value Per 16 freeze dried pieces

Calories: 110 Protein: 0 g Fat: 2 g Carbohydrates: 22 g Sugar: 12 g Fiber: 0 g

Starburst® Mini

About 75 pieces makes 1 cup



Ingredients

Starburst Mini

Directions:

1. Preheat your oven to 200°F
2. Set your freeze dryer to 150°F and start the machine.
3. Allow the machine to complete the 15-minute cooldown.
4. Line the trays with parchment paper and evenly spread the Starburst® Minis, ensuring they do not touch.
5. Activate Candy Mode and start the cycle.
6. Warm the trays in the freeze dryer for at least 20 minutes. (This allows you to heat the trays in the oven first, then transfer them into a warm machine. The freeze dryer will take 10-20 minutes to reach 150°F before the tray warming feature activates.)
7. Place the trays in the oven and heat for 30 minutes or until the candy begins to melt.
8. Immediately transfer the trays from the oven to the freeze dryer.
9. Close the drain valve, lock the freeze dryer door, and decrease the drying time until the vacuum pump activates.
10. Allow the candy to process for 4-6 hours.
11. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended. These are a freeze dried sweet treat!

Notes:

Starburst Minis can be temperamental; there is a “Goldilocks” zone where the candies are soft enough without being too soft. By placing your trays in the oven they may warp if you put them into a freeze dryer that has not come up to temp.

Nutritional Value Per 19 pieces

Calories: 110 Protein: 0 g Fat: 1 g Carbohydrates: 25 g Sugar: 19 g Fiber: 0 g

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Strawberry Crisp

Freeze Dried Pantry

This recipe makes 10 servings



Ingredients

Filling:

10 cups freeze dried sliced strawberries
¼ cup granulated white sugar
1 tsp vanilla extract
3 tbsp cornstarch

Topping:

1 cup all purpose flour
¾ cup old fashioned oats
⅔ cup granulated white sugar
⅔ cup packed brown sugar
½ tsp salt
¾ tsp cinnamon
½ cup butter, melted

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

Directions:

1. Rehydrate the strawberries by placing the freeze-dried strawberries in approximately 5 cups of cold water and let them soak for 3-4 minutes. Drain well. (It's okay if they are not fully rehydrated.)
2. Preheat the oven to 350°F.
3. Grease a deep-dish pie plate or a 9x13 baking dish and set aside.
4. In a large bowl, combine the drained strawberries and sugar, stirring until the strawberries absorb the sugar.
5. Add the cornstarch and vanilla, mixing until evenly coated.
6. Pour the mixture into the prepared baking dish.
7. Make the crumble topping. In a separate medium bowl, mix the flour, oats, sugars, salt, and cinnamon. Pour in the melted butter and stir until the mixture becomes crumbly.
8. Evenly sprinkle the crumble topping over the strawberries.
9. Bake for 35-40 minutes, or until the filling is bubbly and the topping is golden brown.
10. Allow the dessert to cool slightly before serving. Enjoy warm on its own or with ice cream!

Rehydration:

Rehydrate 10 cups of freeze dried sliced strawberries by soaking in 5 cups of COLD water for 3-4 minutes and then drain.

Notes:

If you like extra “crunch” in your crunch desserts, double the topping and press a layer into the bottom of the pan before adding the filling.

Nutritional Value Per 1 serving

Calories: 180 Protein: 2 g Fat: 5 g Carbohydrates: 31 g Sugar: 11 g Fiber: 3 g

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Strawberry Syrup

Freeze Dried Pantry

This recipe makes 1 cup



Ingredients

½ cup water

¼ cup sugar

1 cup freeze dried strawberries

This recipe was contributed by Annette Godfrey Young

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

Directions:

1. In a bowl, combine the sugar and water. Stir until the sugar is completely dissolved.
2. Add the freeze dried strawberries. Stir well, and let sit for about 20 minutes or until the strawberries are fully hydrated.

Notes:

These strawberries are great for topping waffles or ice cream!

Nutritional Value Per ½ cup

Calories: 119 Protein: 0.5 g Fat: 0 g Carbohydrates: 30 g Sugar: 28 g Fiber: 1 g

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Stuffed Fruit Roll Ups®



Ingredients

Fruit Roll Ups®

And your choice of filling:

Skittles®

Nerd Gummy Clusters®

Cotton Candy®

Etc.

Directions:

1. Unwrap each fruit roll-up as you are ready to use it.
2. Decide whether to keep the fruit roll-up at full length or cut it down to a smaller size.
3. Place candy in the center of the fruit roll-up, leaving enough space around it to fold the fruit roll-up over the candy as it expands.
4. Loosely roll the fruit roll-up and candy into a tube shape.
5. Place the rolled fruit roll-up on a parchment-lined tray.
6. Repeat steps 1-5 until you have made the desired number of stuffed fruit roll-ups.
7. Set your freeze dryer to the appropriate candy mode temperature for the type of candy you are using. For example, use 135°F for Skittles and 150°F for Nerds Gummy Clusters.
8. After the 15-minute cool-down period, add warming time as needed for the candy. If preheating is required, place a sheet of parchment over the fruit roll-ups. (Skittles do not typically require preheating, but Nerds Gummy Clusters may.)
9. Run the freeze-drying cycle for the same duration you would normally use for the stuffing candy.
10. Allow the fruit roll-ups to cool completely before packaging. They will become crunchy as they cool.
11. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not Intended. These are a freeze dried sweet treat!

Notes:

Your creativity is your limit here, you can use marshmallow fluff, frosting, etc.

Nutritional Value Per 1 Fruit Roll Up

Calories: 50 Protein: 0 g Fat: 1 g Carbohydrates: 12 g Sugar: 7 g Fiber: 0 g

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Werther's Original® Soft Caramels

You can fit about 12 candies per medium tray and 17 per large tray



Ingredients

Werther's Original® Soft Caramels

Directions:

1. Line the trays with parchment paper.
2. Unwrap each candy and cut it into quarters.
3. Arrange the candy pieces on the tray, ensuring they do not touch to prevent them from sticking together. Space them on about 1" centers.
4. Set the freeze dryer to 135°F, start the cycle, and allow the 15-minute cooldown to complete.
5. Place the trays in the freeze dryer, close the drain valve, turn on Candy Mode, and skip tray warming.
6. Process the caramels for 4 to 6 hours.
7. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended. These are a freeze dried sweet treat!

Notes:

These are very fragile, so it is recommended to store them in a rigid container over a mylar bag.

Nutritional Value Per 5 whole pieces

Calories: 140 Protein: 1 g Fat: 4.5 g Carbohydrates: 23 g Sugar: 13 g Fiber: 0 g

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- Aquafaba Marshmallows
- Beefless Beef Stew
- Cashew Cream
- Chili - Award Winning & Vegan
- Pad Thai - Tofu
- Potato Gnocchi
- Sweet Potato Gnocchi
- Tofu Tikka Masala
- Zucchini Gnocchi



Vegan & Vegetarian

Aquafaba Marshmallows

This recipe makes about 10 cups-about 64-2"x1 ½ " marshmallows



Ingredients

1 cup aquafaba (liquid from chickpeas)
½ tsp cream of tartar
¼ cup vanilla extract
1½ cup water
2 tbsps agar agar powder
2½ cups sugar

Directions:

1. In a mixing bowl, combine the aquafaba and cream of tartar. Using a hand or stand mixer, beat the mixture until stiff peaks form, about 6 minutes.
2. Once you have stiff peaks, add the vanilla and mix again for about 3 minutes
3. Meanwhile, prepare the agar agar simple syrup. In a saucepan, bring the water and agar agar to a boil, for 3 minutes stirring constantly. Add the sugar and continue boiling and stirring for about 3 more minutes until the sugar dissolves, forming a simple syrup.
4. With the mixer on a slow speed, slowly pour the agar agar syrup into the aquafaba mixture, ensuring it is fully incorporated. The final mixture should have a slightly glossy appearance.
5. Add parchment to your trays
6. Spoon the marshmallow mixture onto your trays
7. Add divider in 40 portion setting
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

Notes: Add flavoring like cinnamon or cocoa powder. These freeze-dried aquafaba marshmallows make a great sweet treat. You could add them to coffee or hot cocoa, but they do dissolve

Nutritional Value Per 1 marshmallow (about 2"x1 ½ ")

Calories: 33 Protein: 0 g Fat: 0 g Carbohydrates: 8 g Sugar: 8 g Fiber: 0 g

Beefless Beef Stew

This recipe makes about 20 cups



Ingredients

3 blocks of tempeh or **24 oz**, cubed
3 medium-sized onions, diced
8 cloves garlic, minced (4 tsp)
6 carrots, diced
6 stalks of celery, diced
6 **tbsp** flour
2-**16oz** cans stout beer
4 potatoes, cubed
6 **cups** broth + 2 **tbsp**
4 **tbsp** soy sauce or liquid aminos
8 **tbsp** tomato paste (**6 oz. can**)
1 **tbsp** thyme
1 **tbsp** rosemary
2-4 **tbsp** brown sugar
1 **tsp** salt
1 **tsp** pepper

Directions:

1. In a large pot add 2 tablespoons of broth and the cubed tempeh. Cook for about 3 minutes.
2. Stir in diced onions and minced garlic, cooking for an additional 3 minutes.
3. Add finely diced carrots and celery, cooking for about 3 minutes until just tender.
4. Sprinkle in the flour, stirring continuously for 2 minutes to create a roux.
5. Pour in two stout beers, followed by cubed potatoes. Stir well to combine.
6. Add broth and soy sauce, stirring again to incorporate all the ingredients.
7. Mix in tomato paste, thyme, rosemary, salt, pepper, and brown sugar. Stir thoroughly.
8. Bring the mixture to a boil, then reduce the heat and let it simmer for about 20 minutes or until the stew reaches your desired thickness.
9. Add parchment paper to your trays
10. Pour ladle the stew 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 35 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 ¼ cups of freeze-dried stew to a bowl with 1 cup of hot water. Cover and let it sit for 3-4 minutes. Stir and enjoy

Notes:

You could use any meat substitute in place of the tempeh

Nutritional Value Per 1 ¼ cups pre-freeze-dried

Calories: 194 Protein: 10 g Fat: 4 g Carbohydrates: 26 g Sugar: 5 g Fiber: 3 g

Cashew Cream

This recipe makes about 2 ½ cups



Ingredients

1 ½ cups cashews

1 cup of water

Directions:

1. Soak the cashews overnight OR boil them for 15 minutes
2. Drain the cashews and add to a high powered blender with 1 cup of water
3. Blend until smooth
4. Add parchment paper to trays
5. Pour cashew cream on to trays
6. Add dividers if using (we like small portions for this recipe)
7. Freeze dry (my cycle time was 34 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage. Due to the high fat content this is likely a short term storage item

Rehydration:

Rehydrate with a 1:1 ratio with warm water. You can also just add this directly to your coffee

Notes:

A high powered blender is a must to get the right consistency. To make a savory cream, add garlic, sriracha, or nutritional yeast. For a sweet cream add vanilla, cinnamon or dates. Be sure to blend thoroughly if adding dates. The sweet version is great for coffee.

Nutritional Value Per 2 tbsp of cream

Calories: 107 Protein: 3 g Fat: 8 g Carbohydrates: 5 g Sugar: 1 g Fiber: 0 g

Chili-Award Winning & Vegan

This recipe makes about 11 cups



Ingredients

1 bell pepper, chopped
1 large onion, chopped
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

Tofu crumbles:

2-16 oz packages of firm tofu 2 tbsp olive oil,
2 tbsp smoked paprika, 1 tbsp chili powder, 1
tsp salt, & 1 tbsp garlic powder

Directions:

1. Crumble the tofu into a large bowl. Add all the ingredients for the crumbled tofu. Mix well and spread on a baking sheet. Bake at 400 for 20 minutes. Stirring halfway through.
2. In a frying pan or Instant Pot, sauté the chopped onion and bell pepper. (If using an Instant Pot, select the "Sauté" function)
3. If using a slow cooker, transfer the sautéed onions and peppers to the crock pot. Add the tofu, 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

Nutritional Value Per 1 cup pre-freeze-dried

Calories: 207 Protein: 16 g Fat: 5 g Carbohydrates: 28 g Sugar: 4 g Fiber: 7 g

Potato Gnocchi

This recipe makes 3-4 cups



Ingredients

2 medium potatoes (skin if desired)
2 **tsp** salt
2 ½ **cups** flour
Spices (optional)

Directions:

1. Preheat your oven to 400°F. Bake the whole potatoes for 40 minutes. Let them cool.
2. Mix flour and salt together.
3. Pour the flour onto your work surface, spread it out to a roughly 8" diameter pile and make a well in the middle.
4. Using a potato ricer, rice the potatoes into the flour. Mix and knead with the flour to get a dough, adding flour as needed. You are aiming for a cookie dough consistency. You will likely not use all the flour.
5. Break off pieces and roll out with your hands into about 1" diameter, elongated rolls.
6. Cut the roll into smaller ½" wide pieces.
7. Add gnocchi to boiling water and cook them until they start to float.
8. Remove from water, and place on a parchment lined freeze dryer tray
9. Pre Freeze when possible
10. Freeze dry (my cycle time was 24 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

In a bowl, add boiling water until the gnocchi are submerged. You can also add them to a boiling pot of water to speed up the rehydration process. Rehydration time depends on the size of the gnocchi you made.

Notes:

Use as little flour as you can to speed up the rehydration. Adding your favorite spices certainly improves the flavor. Try some garlic powder, Italian seasoning, or other favorites. You can also serve the gnocchi with things like butter or red sauces.

Nutritional Value Per 1 cup

Calories: 290 Protein: 8 g Fat: 1 g Carbohydrates: 62 g Sugar: 1 g Fiber: 4 g

Sweet Potato Gnocchi

This recipe makes 3-4 cups



Ingredients

2 medium potatoes (skin if desired)
2 **tsp** salt
2 ½ **cups** flour
Spices (optional)

Directions:

1. Preheat your oven to 400°F. Bake the whole sweet potatoes for 40 minutes. Let them cool.
2. Mix flour and salt together.
3. Pour the flour onto your work surface, spread it out to a roughly 8" diameter pile and make a well in the middle.
4. Using a potato ricer, rice the sweet potatoes into the flour. Mix and knead with the flour to get a dough, adding flour as needed. You are aiming for a cookie dough consistency. You will likely not use all the flour.
5. Break off pieces and roll out with your hands into about 1" diameter, elongated rolls.
6. Cut the roll into smaller ½" wide pieces.
7. Add gnocchi to boiling water and cook them until they start to float.
8. Remove from water, and place on a parchment lined freeze dryer tray
9. Pre Freeze when possible
10. Freeze dry (my cycle time was 24 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

In a bowl, add boiling water until the gnocchi are submerged. You can also add them to a boiling pot of water to speed up the rehydration process. Rehydration time depends on the size of the gnocchi you made.

Notes:

Use as little flour as you can to speed up the rehydration. Adding your favorite spices certainly improves the flavor. Try some garlic powder, Italian seasoning, or other favorites. You can also serve the gnocchi with things like butter or red sauces.

Nutritional Value Per 1 cup

Calories: 292 Protein: 8 g Fat: 1 g Carbohydrates: 62 g Sugar: 1 g Fiber: 4 g

Zucchini Gnocchi

This recipe makes 3-4 cups



Ingredients

1 Large Zucchini

1 cup flour per zucchini

1/2 tsp minced garlic per zucchini

Oil or broth

Directions:

1. Take the ends off of the zucchini and cut into $\frac{1}{4}$ - $\frac{1}{2}$ " thick medallions.
2. Lightly spray a large skillet with oil or broth, heat and then add 2 zucchini's worth of medallions. Cook for 2 minutes.
3. Add 1 tsp of minced garlic, can add salt and pepper if desired and then cook for an additional 8 minutes. Let cool for 30 minutes.
4. Add to a blender to get a paste. (It took 6 cooked zucchinis to have enough moisture to get a nice paste without adding extra water)
5. Transfer the blended zucchini to a mixer. Add some flour slowly while mixing. Add more flour until you get a workable dough. (About 1 Cup per zucchini). It should be similar in consistency to bread dough.
6. Add flour to a cutting board or counter top, knead, then roll it out into about 1" diameter rolls of gnocchi (Can flatten and use a fork to add a design to them). Cut the gnocchi roll into $\frac{1}{2}$ " wide pieces.
7. Add gnocchi to boiling water and cook them until they start to float.
8. Remove from water, and place on a parchment lined freeze dryer tray.
9. Pre Freeze when possible
10. Freeze dry (my cycle time was 24 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

In a bowl, add boiling water until the gnocchi are submerged. You can also add them to a boiling pot of water to speed up the rehydration process. Rehydration time depends on the size of the gnocchi you made.

Notes:

Use as little flour as you can to speed up the rehydration. Adding your favorite spices certainly improves the flavor. Try some garlic powder, Italian seasoning, or other favorites.

Nutritional Value Per 1 cup

Calories: 237 Protein: 7 g Fat: 1 g Carbohydrates: 47 g Sugar: 2 g Fiber: 3 g

Pad Thai-Tofu

This recipe makes about 7 cups



Ingredients

8 oz. flat rice noodles
1 ½ tsp garlic
12 oz tofu 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 tofu 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 tofu and bell pepper, cooking for a few minutes until tofu is opaque and peppers are tender.
6. Push the tofu 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 tofu 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
11. Spread the pad thai evenly onto your trays
12. Add dividers if using. 4 portions work well. Add lime slices on top of each serving (I did 4 slices each)
13. Pre Freeze when possible
14. Freeze dry (my cycle time was 26 hours)
15. 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:

This is great for a road trip or camping. Rehydrate in a mylar bag or jar.

Nutritional Value Per 1 divider portion or about 1 ¾ cups

Calories 500 Protein 25 g Fat 15 g Carbohydrates 70 g Sugar 12 g Fiber 2 g

Tofu Tikka Masala

This recipe makes about 15 cups



Ingredients

Tikka marinade

2 lbs cubed tofu
1 cup plain vegan yogurt
12 cloves of garlic
2 tbsps fresh ginger or
1 tbsps ginger paste or
powder
2 tsp garam masala
2 tsp salt
2 tsp cumin
2 tsp coriander
2 tsp paprika or smoked
paprika
¼ tsp cayenne pepper
⅛ tsp pepper
4 tsp lemon juice

Sauce

2 onions diced
4 tbsps fresh ginger or 2
tbsps powder or paste
12 cloves of minced garlic
2 tbsps paprika
4 tsp turmeric
2 tbsps garam masala
4 tsp coriander
2 tsp cumin
¼ tsp cinnamon
¼ tsp cayenne pepper
2 ½ -3 cups tomato passata
2 ½ -3 cups water
¾ cup oat milk or vegan
cream
2 tsp sugar
2 cups of peas

Directions:

1. In a mixing bowl, add the cubed tofu and all marinade ingredients and mix well.
2. Cover and refrigerate for at least 3 hours, preferably overnight.
3. Heat a small amount of oil or butter in a large pan over medium-high heat
4. Add diced onions and fresh ginger, along with a pinch of salt. Sauté, stirring frequently, until golden brown (about 5 minutes)
5. Stir in minced garlic and paprika, sautéing for another minute until fragrant
6. In a separate bowl, mix all the remaining sauce spices, then add them to the pan
7. Pour in tomato passata (or tomato sauce) and water, stirring well
8. Bring the sauce to a simmer and cook on low heat for about 15 minutes
9. After the sauce has simmered, stir in the cream (or oat milk) and sugar; blend for a smoother texture
10. In a separate pan, cook the marinated tofu over high heat until it is slightly browned. Remove from the heat and set aside
11. Add the tofu to the sauce and simmer until the sauce thickens
12. Add the peas and stir until full incorporated
13. Add parchment paper to your trays. Distribute the masala evenly across the trays
14. Place dividers (if you choose). We like 10 portions for this recipe
15. Pre Freeze when possible
16. Freeze dry (my cycle time was 35 hours)
17. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add ¾ cup hot water to 2 divider portions or about 1 ½ cups of freeze dried tikka masala. Stir and cover for about 5 minutes. Enjoy

Notes:

Serve over rice. To use freeze dried rice, use a 1:1 ratio of hot water to freeze dried rice to rehydrate.

Nutritional Value Per 1 serving with apple and banana powder

Calories: 160 Protein: 5 g Fat: 4 g Carbohydrates: 25 g Sugar: 9 g Fiber: 1 g

- Cat Food - Cantaloupe
- Cat Food - Sweet Potato
- Cat Food - Watermelon, Blueberries & Greens
- Dog Food - Beef Chicken & Rice
- Dog Food - Salmon & Sweet Potato
- Holiday Spice Simmer Pot

Other



Cantaloupe Cat Food

This recipe makes 4 cups



Ingredients

½ cup cantaloupe
1 cup red pepper
1 cup carrots
1 cup napa cabbage
¼ cup tuna (or protein of choice)

Directions:

1. Chop all of the produce into cat bite size pieces.
2. Stir in the tuna.
3. Line your tray with parchment.
4. Spread the mixture out onto the tray.
5. Freeze dry (my cycle time was 28 hours).
6. Before storing, run the cat food through a blender to break it down some. You don't need to turn it into a powder because you want some of the food chunks for your kitty to eat. It just needs to break down enough so that it will be able to press into a dough when you rehydrate.
7. Store in jars for short-term use or in mylar bags for long-term storage.

Rehydration:

In a bowl, add 1 part water to 2 parts cat food and stir. You can substitute part of the water with a broth if you choose.

Notes:

You should consult a veterinarian before feeding any pet homemade food to ensure that all of their nutritional needs are being met. With cats, texture can make a difference in whether or not they will eat their food. You may need to try the same recipe cooked, pureed, chunky etc. until you find what your cat likes. You may also need to substitute ingredients for ingredients your cat doesn't like.

Finally, this is not intended to be a replacement for your cat's total diet. They need other nutrients as well.

Nutritional Value Per ¼ cup

Calories: 13 Protein: 1 g Fat: 0 g Carbohydrates: 2 g Sugar: 1.5 g Fiber: 0.5 g

Sweet Potato Cat Food

This recipe makes 4 cups



Ingredients

½ cup apples

1½ cups zucchini

1½ cups cooked sweet potatoes

¼ cup tuna (or protein of choice)

Directions:

1. Boil your sweet potatoes until they are fully cooked through.
2. Chop all of the produce into cat bite size pieces.
3. Stir in the tuna.
4. Line your tray with parchment.
5. Spread the mixture out onto the tray.
6. Freeze dry (my cycle time was 28 hours).
7. Before storing, run the cat food through a blender to break it down some. You don't need to turn it into a powder because you want some of the food chunks for your kitty to eat. It just needs to break down enough so that it will be able to press into a dough when you rehydrate.
8. Store in jars for short-term use or in mylar bags for long-term storage.

Rehydration:

In a bowl, add 1 part water to 2 parts cat food and stir. You can substitute part of the water with a broth if you choose.

Notes:

You should consult a veterinarian before feeding any pet homemade food to ensure that all of their nutritional needs are being met. With cats, texture can make a difference in whether or not they will eat their food. You may need to try the same recipe cooked, pureed, chunky etc. until you find what your cat likes. You may also need to substitute ingredients for ingredients your cat doesn't like.

Finally, this is not intended to be a replacement for your cat's total diet. They need other nutrients as well.

Nutritional Value Per ¼ cup

Calories: 20 Protein: 1.5 g Fat: 0 g Carbohydrates: 3.5 g Sugar: 2 g Fiber: 0.5 g

Watermelon, Blueberries & Greens Cat Food

This recipe makes 4 cups



Ingredients

¼ cup blueberries

¾ cup celery

2 cups broccoli

¼ cup watermelon

¼ cup tuna (or protein of choice)

Directions:

1. Chop all of the produce into cat bite size pieces.
2. Stir in the tuna.
3. Line your tray with parchment.
4. Spread the mixture out onto the tray.
5. Freeze dry (my cycle time was 28 hours).
6. Before storing, run the cat food through a blender to break it down some. You don't need to turn it into a powder because you want some of the food chunks for your kitty to eat. It just needs to break down enough so that it will be able to press into a dough when you rehydrate.
7. Store in jars for short-term use or in mylar bags for long-term storage.

Rehydration:

In a bowl, add 1 part water to 2 parts cat food and stir. You can substitute part of the water with a broth if you choose.

Notes:

You should consult a veterinarian before feeding any pet homemade food to ensure that all of their nutritional needs are being met. With cats, texture can make a difference in whether or not they will eat their food. You may need to try the same recipe cooked, pureed, chunky etc. until you find what your cat likes. You may also need to substitute ingredients for ingredients your cat doesn't like.

Finally, this is not intended to be a replacement for your cat's total diet. They need other nutrients as well.

Nutritional Value Per ¼ cup

Calories: 11 Protein: 1 g Fat: 0 g Carbohydrates: 1 g Sugar: 1 g Fiber: 0.5 g

Dog Food, Beef Chicken & Rice

This recipe makes about 50 cups



Ingredients

2 lbs hamburger
6 lbs chicken both dark & white meat
4 cups uncooked brown rice cooked
2 heads of broccoli
4 ears of corn
12 eggs
2-15 oz cans of pumpkin
6 sweet potatoes
1- 15 oz can of green beans or peas
6 apples cored
3 lbs carrots
2- 24 oz containers of cottage cheese or yogurt

This makes a VERY large batch. Cut it in half for easier prep

Directions:

1. Place the ground beef, chicken, & 1 cup of water in an Instant Pot & cook on high pressure for about 25 minutes
2. After the meat is fully cooked, shred the chicken and dice it into small pieces. Reserve the meat broth.
3. Core the apples and blend them into a puree using a blender or food processor
4. Slice the corn kernels off the cob (or use canned corn)
5. Chop the broccoli, carrots, & sweet potatoes into small pieces and boil or cook in the oven until tender
6. Puree the sweet potatoes and carrots (you will have to do this in batches)
7. Chop the cooked broccoli into fine pieces
8. Cook the brown rice in the Instant Pot by combining the broth from the cooked meat and enough water to make a total of 8 cups liquid. Set the Instant Pot to medium pressure and cook for 22 minutes.
9. Separate the yolks from 6 eggs, keeping only the egg whites. In a bowl, combine the 6 egg whites with 6 whole eggs and whisk until fully incorporated.
10. Cook the scrambled eggs
11. Divide all ingredients into 4 or 5 equal portions for easier mixing
12. In a large stand mixer, combine one portion (about 1/4th) of the cooked meat, rice, vegetables, fruit, pumpkin, eggs, and cottage cheese or yogurt. Mix thoroughly. Alternatively, you can use a very large bowl and mix it by hand.
13. Add parchment paper to your trays
14. Spread the dog food evenly onto trays. You will need multiple sets of trays if making a whole recipe
15. Pre Freeze when possible
16. Freeze dry (my cycle time was 52 hours)
17. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

To rehydrate use a 1:1 ratio of freeze-dried dog food and water. It will need to sit for 5 minutes or more to rehydrate completely

Nutritional Info:

Visit Balanceit.com to calculate your pet's nutritional needs and the nutrition of this recipe

Dog Food, Salmon & Sweet Potato

This recipe makes about 5 cups



Ingredients

6 oz cooked salmon or meat of choice
1 cup cooked brown rice
1 ¼ cup cooked sweet potatoes
¾ cup cooked broccoli
1 cup cooked lentils
½ cup cooked corn
1 tbsp peanut butter
1 cup cooked black beans
1 ¼ cup strawberries
(optional) broth
Avoid peanut butter with xylitol, an artificial sweetener that is toxic to dogs

All dogs have different dietary requirements. Please consult a professional and alter this recipe if needed based on your dog's age, breed, activity level etc.

Directions:

1. Cook your preferred meat by baking, smoking, or grilling.
2. Boil or bake the sweet potatoes and broccoli. For maximum health benefits, let the chopped broccoli sit for 30 minutes before cooking. If your pet struggles with larger chunks, mash or process the ingredients into a smaller size or a paste.
3. In a large mixing bowl, combine all ingredients and mix thoroughly by hand or using a stand mixer until the desired texture is reached for your dog.
4. Add parchment paper to your trays
5. Spread the dog food evenly onto trays.
6. Add dividers if using. (we like 10 portions for this recipe)
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 33 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

To rehydrate use 1 divider portion or ½ cup freeze-dried dog food and ¾ water. It will need to sit for 5 minutes or more to rehydrate completely

Notes:

Consult your vet for proper portion size for your pet

Nutritional Info:

Visit Balanceit.com to calculate your pet's nutritional needs and the nutrition of this recipe

Holiday Spice Simmer Pot

This recipe makes as much as you choose



Ingredients

cinnamon sticks
whole cloves
oranges
apples
pears
cranberries

This recipe is not intended for consumption. Boil on your stove to make your home smell like Christmas.

Directions:

1. Slice the oranges, apples, and pears into ¼-inch slices
2. Prepare the cranberries by pulsing them in a food processor or cutting them in half.
3. Add parchment paper to your trays
4. Add fruit to your trays. You can layer fruit with parchment between layers up to 3 layers per tray (do not exceed your machine weight limit for food as fruit is heavy in water)
5. Add the cinnamon sticks and cloves to a freeze-dryer tray
6. Freeze-Dry (my cycle time was 36 hours)
7. Add some of each ingredient to a jar with an oxygen absorber and seal

To Use:

Add a jar of simmering pot ingredients to a large pot and cover it with hot water. Bring it up to a simmer. This releases an amazing smell; it reminds me of Christmas. Be sure to monitor the water level and add more as needed.

Rehydration:

Not intended for rehydration or human consumption

Notes: These make great gifts!

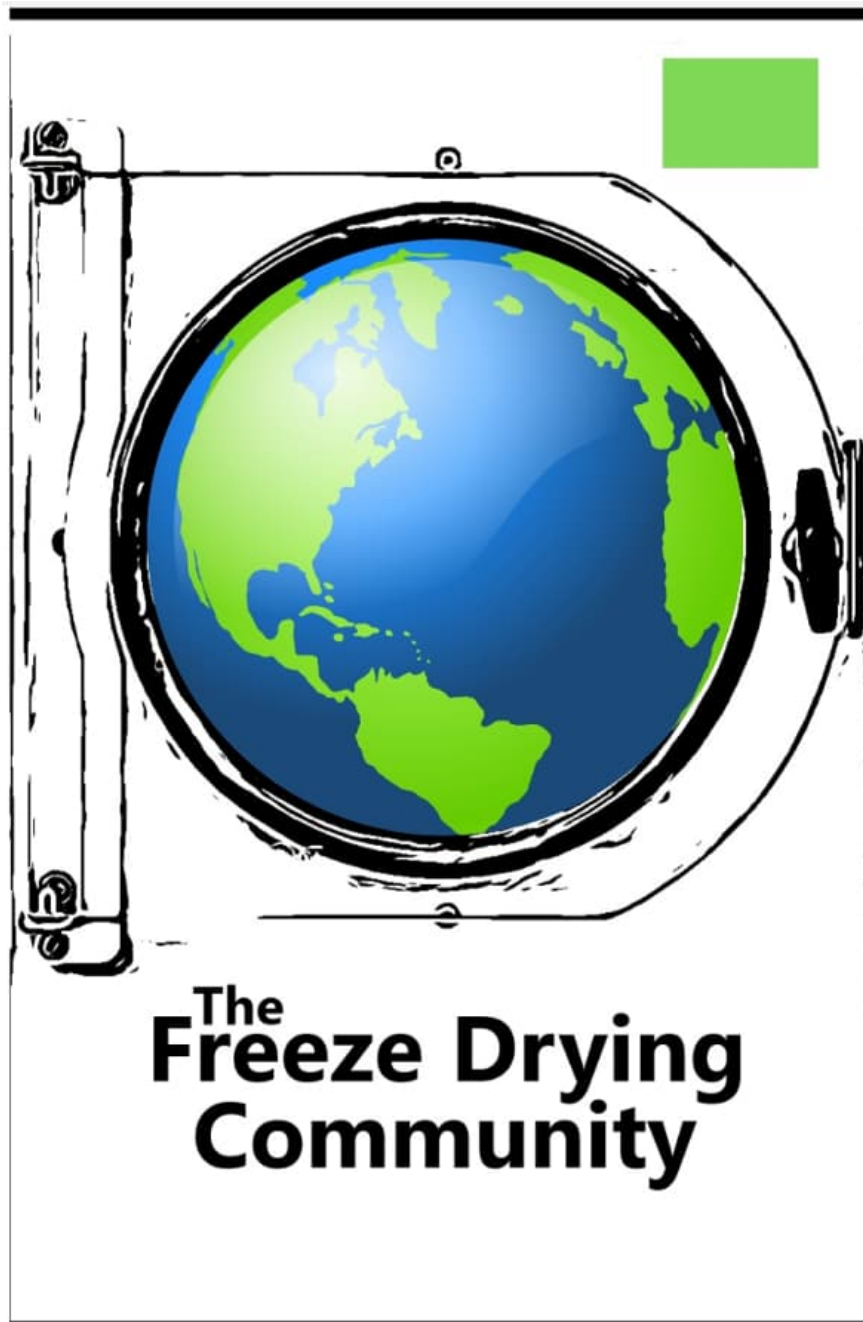
Nutritional Value Not Provided

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

www.freezedryingcookbook.com

Appendix

Freeze Dryer Capacity
Freeze Dryer Friendly Substitutions
Quick Tips
Storage Tips



Freeze Dryer Capacities & Tray Allowances

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



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



Blue Alpine Freeze Dryers						
	Trays	Tray Size	Cups/Tray	Lbs/Tray	Total Cups	Total Lbs
Medium	5	9 x 13"	6	3	30	15
Large	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) 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

Absorption Required For Common Foods			
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.			
Container Size (Fill completely)	Pinto beans, red beans, rice, sugar (35% air)	Flour, flax meal, instant mixes, powders, coffee beans (50% air)*	Pasta, cereal, instant potatoes, oatmeal, barley, dried corn (75% air)
1 Pint (16 oz.)	50cc	50cc	100cc
1 Quart (32 oz.)	100cc	100cc	150cc
1/2 Gallon (64 oz.)	150cc	200cc	300cc
#10 Can (0.82 gallons)	250cc	350cc	500cc
1 Gallon	300cc	400cc	500cc
1 1/2 Gallon	450cc	600cc	800cc
2 Gallon	600cc	800cc	1000cc
4.25 Gallon	1200cc	1700cc	2000cc
5 Gallon	1400cc	2000cc	2500cc
6 Gallon	1700cc	2300cc	3000cc

*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.

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

Absorption Required For Common Foods			
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*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.
-

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!

Transform the Way You Freeze Dry with The Freeze Drying Cookbook, Volume 3

Take your freeze drying to the next level with Volume 3 of our best-selling cookbook series. This isn't your average recipe collection—it's a practical guide packed with proven, freeze dryer-friendly recipes to help you make the most of your machine.

You'll find meals in a jar, pantry staples, homemade dishes, freeze-dried candy, and more—all with detailed instructions, cycle times, and rehydration tips to ensure success. Whether you're a seasoned pro or just getting started, this cookbook is your go-to resource for delicious and reliable results.

Get ready to dive into your most flavorful freeze-drying adventure yet!

Happy Freeze Drying!

