

V8 Juice

This recipe makes 16 cups



Ingredients

1 gallon V8 Juice

This recipe was contributed by John In Bibs

Directions:

1. Pour 4 cups of juice onto each of 4 trays.
2. Pre-freeze.
3. Freeze dry.
4. Turn the freeze dried juice into powder with either a blender or a ziploc bag and rolling pin.
5. Store in jars for short-term use or in mylar bags for long-term storage. To store as individual servings, add 14 grams of powder to each storage container.

Rehydration:

Add 8 oz cold water to each 14 gram portion of powder. Mix well and enjoy!

Notes:

This makes a fantastic on-the-go drink, similar to electrolyte drinks or lemonade packets. Just mix with water for a refreshing, post-workout boost! Perfect for hydration and recovery after exercise.

Nutritional Value Per 1 serving

Calories: 45 Protein: 2 g Fat: 0 g Carbohydrates: 9 g Sugar: 7 g Fiber: 2 g