

Wild Plums

This makes as many as you wish to prepare



Ingredients

Wild Plums

Directions:

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

Rehydration:

Not intended for rehydration. Eat them as a snack.

Notes:

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

Nutritional Value Per 1 cup

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