

# Yogurt, Quinoa, and Fruit Bars

1 recipe will fill 2 medium trays\*

[Adventures in Freeze Drying: Crunchy and Delicious, Freeze Dried Yogurt, Quinoa, and Fruit Bars](#)

## Ingredients:

1 C Quinoa
2 C Water
3 C of chopped fruits of choice
2 Tbsp Honey
2 Tbsp Lime Juice
32 oz of Low Fat Yogurt of choice



## Directions:

1. Cook 1 cup of quinoa in 2 cups of water, and let cool.
2. Combine cooked quinoa and fresh fruit (if doing blueberries it is recommended to cut them in half)
3. In a measuring cup, combine the honey and lime juice and stir well until it is no longer thick, pour over the quinoa and mix well.
4. Line your trays with parchment paper.
5. Either combine the yogurt with the quinoa and fruit mixture and spread evenly across 2 medium trays or pour the yogurt evenly between the two trays and spread evenly, and spread quinoa out over the top of the yogurt and push down. Add dividers in the 20 portion setting.
6. Freeze until frozen solid.
7. Freeze dry
8. Store Appropriately (See Tips and Tricks for storage help)

<b>Cycle Time:</b> about 24 hours	<b>Rehydration:</b> Not intended
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[www.freezedryingcookbook.com](http://www.freezedryingcookbook.com)

Cycle times & rehydration for reference only

\*XL Tray = 15 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 5 Cups/Tray