

# Yogurt: Greek, Regular, Low Sugar, Plant Based

[Live Life Simple's Freeze Dried Yogurt -- Greek Yogurt, Almond Yogurt, Pili Nut Yogurt](#)

Lots of folks freeze dry yogurt for their first batch or maybe one of their first batches. There is ONE BIG PROBLEM with freeze dried yogurt. Some yogurt works and some does not. We have experimented with different yogurts and combinations so you don't have to. Before you buy ingredients, check out our results below.

## Ingredients:

This will vary based on which recipe below you use.



## Directions:

### Non Fat Greek Yogurt Drops

Place any flavor of greek yogurt in a sandwich bag and “pipe” it in small drops onto parchment paper lined trays. Or spread evenly on tray and use dividers. 40 portions per trays is great for bite size snacks

\*\* Freeze Dried Well. Stays together in drop form. Would also work great in the dividers. Stays together well and should be OK to package in Mylar without breaking apart

Rehydrates well. Add water to desired consistency and stir.

### Almond Yogurt (Dairy Free)

Place yogurt in a sandwich bag and “pipe’ it in small drops onto parchment paper lined trays

\*\* Freeze dried OK. Great flavor. More oil so shorter storage time. I suggest making these as a short term storage snack only. I would consider these a partial fail



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

Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray    Small = 4 Cups/Tray

### **Pili Nut Yogurt**

Place yogurt in a sandwich bag and “pipe’ it in small drops onto parchment paper lined trays

\*\* Freeze dried OK. Great flavor. More oil so shorter storage time. I suggest making these as a short term storage snack only. I would consider these a partial fail

### **Greek Yogurt Mixed with Cool Whip**

1 Cup Greek Yogurt and 4 TBS Cool Whip. Mix and place yogurt in a bag and “pipe’ it in small drops onto parchment paper lined trays

\*\* Not recommended for snacks but works to rehydrate and eat. Very crumbly and dry. I would call this one a partial fail as well.

### **Greek Yogurt Mixed with Pudding**

1 Cup Greek Yogurt and 4 TBS of dry Pudding mix. Mix and Place yogurt in a sandwich bag and “pipe’ it in small drops onto parchment paper lined trays OR Line tray with silicone mats. Fill tray(s) with yogurt. Add dividers to portion. 40 portions work great for bite size pieces (Could also add chopped fruit for more flavor)

\*\*\* This was my favorite. Freeze Dried Well. Stays together in drop form. Would also work great in the dividers. Stays together well and should be OK to package in Mylar without breaking apart. (Could also add fruit chunks for more flavor)

Rehydrates well. Add water to desired consistency and stir.

### **Greek Yogurt with Jello**

1 Cup Greek Yogurt with ½ Package of sugar free Jello powder. Mix and place yogurt in a bag and “pipe’ it in small drops onto parchment paper lined trays

\*\*Freeze Dried OK. It got dry but is very crumbly. Would break apart easily in mylar bags. Could probably rehydrate, but I would call this one a partial fail.



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Cycle times & rehydration for reference only

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### Regular Yogurt : Any Flavor

Line tray with silicone mats. Fill tray(s) with yogurt. Add dividers to portion. 40 portions work great for bite size pieces. OR place yogurt in a bag and “pipe’ it in small drops onto parchment paper lined trays

\*\*\* Freeze Dried Well. Stays together in drop form. Stays together well and should be OK to package in Mylar without breaking apart

Rehydrates well. Add water to desired consistency and stir.

### Greek Yogurt with Fruit Chunks

1 Cup Greek Yogurt and ¼ Cup of chopped fruit. Mix and Place yogurt in a bag and “pipe’ it in small drops onto parchment paper lined trays OR Line tray with silicone mats. Fill tray(s) with yogurt. Add dividers to portion. 40 portions work great for bite size pieces.

\*\*\* Freeze Dried Well. Stays together in drop form. Would also work great in the dividers. Stays together well and should be OK to package in Mylar without breaking apart

Rehydrates well. Add water to desired consistency.

<b>Cycle Time:</b> 42 Hours 41 Minutes	<b>Rehydration:</b> See above results
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