

Zucchini Banana

Baby Food

Recipe 1 Medium Freeze Dryer tray of Baby Food*

[Retired at 40's: FOOD SHORTAGE! Freeze Dried Baby Food RECIPE](#)

Ingredients:

1 tbsp Lemon juice

5 Bananas

2½ C cooked Zucchini
(chopped and cooked
in some water can
leave skins on)

2½ C cooked Brown
rice

You may need
additional water to get
the right texture



Directions:

1. Puree Bananas
2. Add cooked zucchini and cooked rice and puree, may need to add additional water to get to the right texture.
3. Line tray with parchment
4. Pour baby food puree onto tray
5. Put in dividers (if you choose) Can also just powder trays worth, and then make as little or as much as you want.
6. Pre-Freeze before Freeze Drying
7. Store Appropriately (see Tips and Tricks for storage help)

Notes: The dividers work very well for dividing into 40 (or larger) equal sized portions. You may want to powder this before storing, or before rehydrating to make it easier to reconstitute. This also makes great snack bars.

Cycle Time: My cycle time in a large freeze dryer with a premier pump was 57 hours for 5 trays of baby food.

Rehydration: Consistency and texture will vary, add water slowly and blend if possible.



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www.freezedryingcookbook.com

Cycle times & rehydration for reference only

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