

Fruit Freeze-drying Guide

	How to Process	Ideas For Usage	Additional Information	Seasoning Ideas
Apples	Slice, diced, or mashed. Can peel or leave the skin on.	Ideal for making applesauce, baby food, apple slice for healthy snacks or desserts.	Acid bath (use 2 cups water with a good dash of lemon) to stop browning due to oxidation.	Cinnamon, cinnamon & sugar, Jell-O powder sprinkled on top, small dollop of caramel dip
Apricots	Cut in half, remove pit, cut side up to FD.	Eat as snack, great for summer salads.	Can be pureed before freeze-drying. Use in smoothies, syrups, and jams.	
Avocados	Slice, diced, or mashed. Remove the pit.	Great to make guacamole out of or add to salads.	Can use citrus to prevent browning. FD and then puree in blender.	Can be seasoned or not.
Bananas	Slice about 3/8" thick.	Great snack or add to cereals.	Acid bath with lemon water helps with oxidation.	Can season with cocoa powder or Jell-O powder, like strawberry flavor.
Berries With Skin	Must pierce fruit skin with toothpick. A quick blanch (30 sec.) to help remove skin wax.	Lightly pulse in food processor or use berry roller to puncture outside skin.	Puree in processor for smoothies, or for muffins, pancakes, and other treats.	
Berries Without Skin	Larger berries cut in half first. Wedge, slice, or chop.	Great to add to cereal and ice cream	Can be pureed to make smoothies	FD Strawberries can be drizzled with melted chocolate or dipped in yogurt.
Cherries	Pit and slice.	Snacks	Can be pureed	

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Citrus	Slicing is best for cut citrus or squeeze to juice.	Juices, add to water.	Full of Vitamin C – a must have to prevent illness.	
Cranberries	Must be pureed with water to break down berries, they do not FD well whole.	For muffins, breads, for juices, and jellies.	Strain and take pulp and place on trays. Must break down and turn into pulp.	
Figs	Cut in half, place on FD trays. Don't overcrowd.	Jams, spreads, cookies, or snacks.		
Grapes	Pierce the skin, but can be cut in half, or mashed.		Will most likely need extra time to get them nice and crunchy.	
Kiwi	Slice into thin slices, peel or leave peel on.	Snacks, great for granola mix, or summer salads.	Can be pureed for smoothies.	
Mango	Remove skin and slice thinly and deseed.	Great for salsas, snacks, and ice cream.	Great for smoothies.	Season with spicy seasonings.
Melons	Slice at about ½" to ¾" thick. Remove the rind.	Eat it as a crunchy sweet snack.	Great for smoothies.	Can season with spicy stuff like Tajin.
Olives	Open can, rinse, and place on trays.	Great for salads or reconstitute for spaghetti or other dishes.		
Papaya	Peel and cut into smaller pieces. Spread out on tray.	Great for granola or snack.	Great for digestion.	Can season with spicy stuff like Tajin.

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Peaches & Nectarines	Peel, pit and slice or dice.	Snacks, ice-cream, desserts, granola, add to oatmeal, or trail mix.	Smoothies and baby food.	
Pears	Slice like apples and add to FD trays.	So good to add to summer salads, to reconstitute for simple dessert.	Stop oxidation with lemon water. Great to make baby food, can be mixed with other fruit.	Pour Kerns nectars on top of pears on FD to add lots of delicious flavors.
Pineapples	Fresh is better than canned. Slice into nice slices or chop.	Great for drink mixes, for marmalades, as a snack or in savory trail mix with coconut.	Takes a long time to get crunchy but so worth it. Puree for smoothies.	Spicy seasonings or powdered sugar coating
Plums	Remove pit and cut it into slices	Snack on and enjoy.	Full of iron.	Sprinkle with sugar for tartness
Pomegranates	Juice (refreeze before FD), Seeds pulse and pre-freeze.	Great for summer salads. Add juice for drinks.	Line trays. Healthy	