

# Fruit Freeze-drying Guide

	How to Process	Ideas For Usage	Additional Information	Seasoning Ideas
<b>Apples</b>	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
<b>Apricots</b>	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.	
<b>Avocados</b>	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.
<b>Bananas</b>	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.
<b>Berries With Skin</b>	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.	
<b>Berries Without Skin</b>	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.
<b>Cherries</b>	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