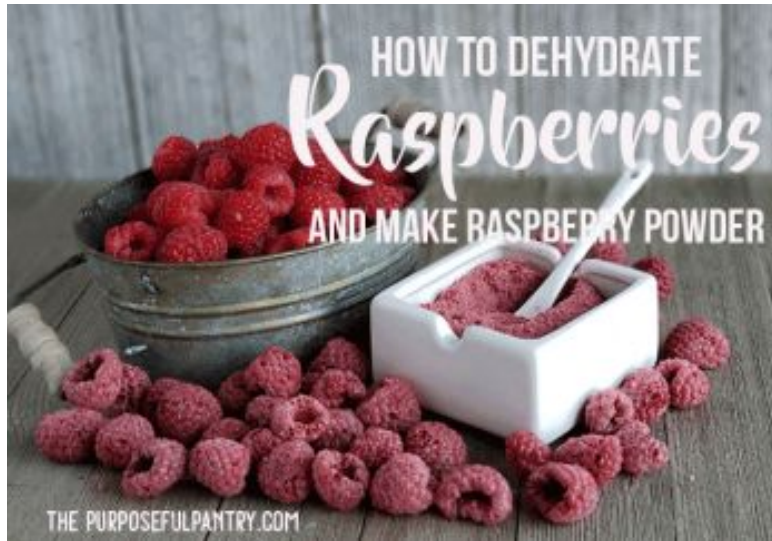


# HOW TO DEHYDRATE RASPBERRIES & MAKE RASPBERRY POWDER



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## HOW TO DEHYDRATE RASPBERRIES

- Rinse berries thoroughly.
- Allow to dry.
- Lay raspberries out on dehydrator sheets.
- Dry at 135F for 18-30 hours.
- Raspberries will shatter between fingers and sound like rustling paper when fully dehydrated.
- Store in airtight container with a desiccant pack to absorb moisture or vacuum seal for long-term storage.

## HOW TO POWDER DEHYDRATED RASPBERRIES

- Use a mallet or hammer to crush blackberries in a zip-top bag.
- Alternatively, use a coffee grinder to powder blackberries.
- Run through a fine mesh strainer.
- Store in an airtight container with a desiccant pack to absorb moisture.

## Suggested Uses:

- Mix into yogurt or oatmeal
- Use to flavor salad dressings
- Sprinkle onto cupcake icing instead of sugars
- Add to muffins, waffles or smoothies Use as a natural food coloring
- Add to milk instead of chocolate
- Use as a flavoring in pudding or chia pudding