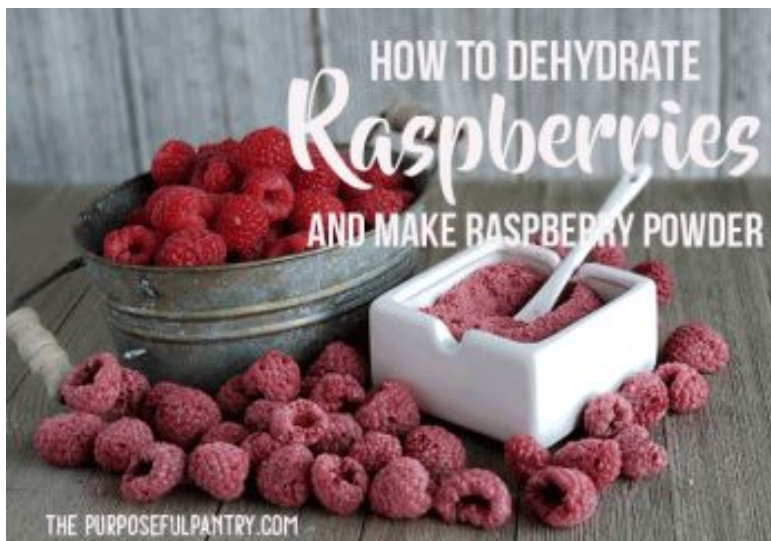


HOW TO DEHYDRATE RASPBERRIES & MAKE RASPBERRY POWDER



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HOW TO DEHYDRATE RASPBERRIES

- Rinse berries thoroughly, then allow to dry on a towel for 20 minutes.
- Lay raspberries out on dehydrator sheets, not touching.
- 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 coffee grinder to powder blackberries. A blender is a good first choice if you have a large amount to do.
- Run through a fine mesh strainer, then transfer to coffee grinder for any remaining grinding you wish to do, but know that the seeds don't grind well, so a third time won't be necessary.
- Alternatively, Use a mallet or hammer to crush blackberries in a zip-top bag.
- Store in an airtight container with a desiccant pack to absorb moisture.

Suggested Uses: Mix into yogurt or oatmeal, flavor salad dressings, Sprinkle onto cupcake icing, add to muffins, waffles or smoothies, use as a natural food coloring

Notes: _____

