

Fruit Powders

Dry your fruits so they are extra crispy, then place them in a blender on high until powdered. To use this powder in recipes, combine 1/2 c fruit powder to 1 cup of flour. Follow the recipe as directed. This not only adds nutrition, but huge amounts of flavor as well!

In a blender, combine 1/2 c. fruit powder to water or milk, add a couple ice cubes and enjoy a delicious fruit smoothie or milk shake.

Other ideas:

add 1 T to yogurt for flavored yogurt

add 1 T. Fruit Powder to Homemade oatmeal packets

Add flavor to your waffles & pancakes, sprinkle over your cereal in the morning.