



Freeze Dried Fruit and Vegetable Uses and Preparation Guide

Preparation: No preparation is needed. You can eat straight from the package but can hydrate for recipes and cooking.

Uses

	Snackable	Backpacking	Camping	RV'ing	Emergency Preparedness	Soups/General Cooking	Desserts	Drinks	Salads
Freeze Dried Apples	X	X	X	X	X	X	X	X	X
Freeze Dried Bananas	X	X	X	X	X		X	X	X
Freeze Dried Blueberries	X	X	X	X	X		X	X	X
Freeze Dried Cherries	X	X	X	X	X		X	X	X
Freeze Dried Cranberries	X	X	X	X	X	X	X	X	X
Freeze Dried Mangos	X	X	X	X	X		X	X	X
Freeze Dried Papayas	X	X	X	X	X	X	X	X	X
Freeze Dried Peach Dices	X	X	X	X	X		X	X	X
Freeze Dried Pineapples	X	X	X	X	X	X	X	X	X
Freeze Dried Red Grape Halves	X	X	X	X	X		X	X	X
Freeze Dried Strawberries	X	X	X	X	X		X	X	X

	Snackable	Backpacking	Camping	RV'ing	Emergency Preparedness	Soups/General Cooking	Desserts	Drinks	Salads
Organic Crunchy Strawberries	X	X	X	X	X	X	X	X	X
Organic Crunchy Sweet Corn	X	X	X	X	X	X	X	X	X
Organic Crunchy Bananas	X	X	X	X	X	X	X	X	
Organic Crunchy Pineapples	X	X	X	X	X	X	X	X	X
Organic Crunchy Cherries	X	X	X	X	X	X	X	X	
Organic Crunchy Mangos	X	X	X	X	X	X	X	X	X
Organic Crunchy Blueberries	X	X	X	X	X	X	X	X	X



**MOTHER
EARTH PRODUCTS**
A NEW DAY IS DAWNING

	Snackable	Backpacking	Camping	RV'ing	Emergency Preparedness	Soups/General Cooking	Desserts	Drinks	Salads
Organic Crunchy Raspberries	X	X	X	X	X	X	X	X	
Organic Crunchy Peas	X	X	X	X	X	X			X
Organic Crunchy Apples	X	X	X	X	X	X	X	X	X
Organic Crunchy Broccoli	X	X	X	X	X	X			X

	Snackable	Backpacking	Camping	RV'ing	Emergency Preparedness	Soups/General Cooking	Desserts	Drinks	Salads
Freeze Dried Bell Peppers (Red)	X	X	X	X	X	X			X
Freeze Dried Broccoli	X	X	X	X	X	X			X
Freeze Dried Cauliflower	X	X	X	X	X	X			X
Freeze Dried Sweet Corn	X	X	X	X	X	X			X
Freeze Dried Green Beans	X	X	X	X	X	X			X
Freeze Dried Mushrooms		X	X	X	X	X			X
Freeze Dried Peas	X	X	X	X	X	X			X
Freeze Dried Potatoes	X	X	X	X	X	X			
Freeze Dried Sweet Potatoes Small Dice	X	X	X	X	X	X			



**MOTHER
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A NEW DAY IS DAWNING

Preparation

	Rehydrate	Add Hot Water	Cook 3	Cook 7	Cook 15	Cook 20
Freeze Dried Apples	X	X				
Freeze Dried Bananas	X	X				
Freeze Dried Blueberries	X	X				
Freeze Dried Cherries	X	X				
Freeze Dried Cranberries	X	X				
Freeze Dried Mangos	X	X				
Freeze Dried Papayas	X	X				
Freeze Dried Peach Dices	X	X				
Freeze Dried Pineapples	X	X				
Freeze Dried Red Grape Halves	X	X				
Freeze Dried Strawberries	X	X				

	Rehydrate	Add Hot Water	Cook 3	Cook 7	Cook 15	Cook 20
Organic Crunchy Strawberries	X	X				
Organic Crunchy Sweet Corn	X	X				
Organic Crunchy Bananas	X	X				
Organic Crunchy Pineapples	X	X				
Organic Crunchy Cherries	X	X				
Organic Crunchy Mangos	X	X				
Organic Crunchy Blueberries	X	X				
Organic Crunchy Raspberries	X	X				
Organic Crunchy Peas	X	X				
Organic Crunchy Apples	X	X				
Organic Crunchy Broccoli	X	X				



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	Rehydrate	Add Hot Water	Cook 3	Cook 7	Cook 15	Cook 20
Freeze Dried Bell Peppers (Red)	X	X				
Freeze Dried Broccoli	X	X				
Freeze Dried Cauliflower	X	X				
Freeze Dried Sweet Corn	X	X				
Freeze Dried Green Beans	X	X				
Freeze Dried Mushrooms	X	X				
Freeze Dried Peas	X	X				
Freeze Dried Potatoes	X	X				
Freeze Dried Sweet Potatoes Small Dice	X	X				