

Dehydrated Blueberries



Dehydrated blueberries are perfect for snacking, adding to granola, or mixing into baked goods!

Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

- Fresh blueberries (as many as you like)

Instructions:

1. Wash and Sort:

- Rinse the blueberries thoroughly under cold water and remove any stems, damaged berries, or debris.

2. Blanching (Optional):

- To help the skins crack and dehydrate faster, blanch the blueberries. Boil a pot of water, and place the

blueberries in the boiling water for 30 seconds to 1 minute. Then, immediately transfer them to an ice water bath to stop the cooking process. Pat them dry gently with a clean towel.

3. Prepare the Dehydrator:

- Set the temperature to 125°F to 135°F (52°C to 57°C).

4. Arrange the Blueberries:

- Place the blueberries in a single layer on dehydrator trays. Make sure the berries are spread out and not touching to allow for even airflow.

5. Dry the Blueberries:

- In the dehydrator: Dehydrate at 125°F to 135°F for 12-24 hours, checking occasionally. The time will depend on your dehydrator and the size of the blueberries.

6. Check for Doneness:

- The blueberries should be leathery and dry but slightly pliable. They shouldn't feel sticky or moist.

7. Cool and Store:

- Allow the blueberries to cool completely before storing. Store in an airtight container in a cool, dark place.