



poëro

★ Future state of Food ★



Freeze-drying is a dehydration process that involves freezing the fresh fruit and then removing the ice by sublimation, which is the direct transition of a solid to a gas without passing through the liquid phase. This process allows for preservation of the material's structure and nutrients, making it a popular method for preserving food in a healthy way. By freeze drying process fruits retain its nutritional value of %97 turn into delicious, crispy and healthy snacks.



FREEZE DRIED *Strawberry*

Freeze-dried strawberries are strawberries that have been subjected to the freeze-drying process. This process involves freezing the strawberries and then removing the water content by sublimation, leaving behind a dry, lightweight, and crunchy product. Here are some specifications and properties of freeze-dried strawberries:

❖ **Appearance:** Freeze-dried strawberries have a distinctive, light, and crispy texture. They are typically red or pink in color.

❖ **Flavor:** Freeze-dried strawberries retain much of their original flavor, which is sweet and tart, with a slightly tangy aftertaste.

❖ **Nutritional Value:** Freeze-dried strawberries are a good source of vitamin C, fiber, and antioxidants. They also contain a range of other vitamins and minerals, including vitamin B6, potassium, and magnesium.

❖ **Shelf Life:** Freeze-dried strawberries have a long shelf life and can last for up to two years if stored properly in an airtight container.

❖ **Uses:** Freeze-dried strawberries are often used as a healthy snack, but they can also be used in a range of recipes, such as smoothies, yogurt, cereal, and baking.

❖ **Packaging:** Freeze-dried strawberries are often sold in resealable bags or containers to help preserve their freshness.

❖ **Availability:** Freeze-dried strawberries are widely available at supermarkets, health food stores, and online retailers.



FREEZE DRIED *Fig*

Freeze-dried figs are made by subjecting fresh figs to the freeze-drying process. Here are some typical specifications and properties of freeze-dried figs:

- ♦ **Appearance:** dry, crispy, and lightweight texture with a pale green color.
- ♦ **Flavor:** sweet and rich flavor similar to fresh figs
- ♦ **Nutritional value:** high in fiber, antioxidants, and vitamins and minerals like potassium and calcium
- ♦ **Shelf life:** long shelf life due to low moisture content
- ♦ **Usage:** can be eaten as a snack, added to cereals, trail mixes, or baked goods, or rehydrated and used in recipes like oatmeal, salads, or as toppings for desserts.



FREEZE DRIED

Kiwi

Freeze-dried kiwi is made by subjecting kiwi fruit to the freeze-drying process. The specifications for freeze-dried kiwi may vary depending on the manufacturer, but typically they will have the following attributes:

- ♦ **Appearance:** dry, crunchy, and lightweight texture with a pale green to light brown color
- ♦ **Flavor:** sweet and tangy flavor similar to fresh kiwi
- ♦ **Nutritional value:** high in vitamin C, fiber, and antioxidants
- ♦ **Shelf life:** long shelf life due to low moisture content
- ♦ **Usage:** can be eaten as a snack, added to cereals, trail mixes, or baked goods, or rehydrated and used in smoothies or as toppings for desserts.



FREEZE DRIED *Apple*

Freeze-dried apples are made by subjecting fresh apples to the freeze-drying process. Here are some typical specifications and properties of freeze-dried apples:

- ♦ **Appearance:** dry, crunchy, and lightweight texture with a pale yellow color.
- ♦ **Flavor:** sweet and tart flavor similar to fresh apples
- ♦ **Nutritional value:** high in fiber, antioxidants, and vitamins and minerals like vitamin C and potassium
- ♦ **Shelf life:** long shelf life due to low moisture content
- ♦ **Usage:** can be eaten as a snack, added to cereals, trail mixes, or baked goods, or rehydrated and used in recipes like oatmeal, pies, or as toppings for desserts.



FREEZE DRIED Orange

Freeze-dried oranges are made by subjecting fresh oranges to the freeze-drying process. Here are some typical specifications and properties of freeze-dried oranges:

♦ **Appearance:** dry, crunchy, and lightweight texture with a bright orange color

♦ **Flavor:** sweet and tangy flavor similar to fresh oranges

♦ **Nutritional value:** high in vitamin C, fiber, and antioxidants

♦ **Shelf life:** long shelf life due to low moisture content

♦ **Usage:** can be eaten as a snack, added to cereals, trail mixes, or baked goods, or rehydrated and used in recipes like smoothies, teas or as toppings for desserts.

Freeze-dried oranges are a convenient and nutritious way to enjoy the flavor and health benefits of fresh oranges year-round. They also have the added advantage of being lightweight and shelf-stable, making them easy to store and transport. Freeze-dried oranges are a popular snack for people of all ages and can be enjoyed in a variety of ways.



