

Dried Blueberries

Ingredients:

Blueberries

Ice water

Non-Stick Cooking Spray

Supplies Required:

Colander

Pot

Slotted Spoon

Bowl

Paper towels

Dehydrator

Spatula

Jars



Step 1: Wash, drain, and sort blueberries. Remove any damaged blueberries or pieces of stem.

Step 2: Check the skins to assist with drying by dipping blueberries in boiling water for 15-30 seconds.

Step 3: Place blueberries in ice water to stop the cooking action.

Step 4: Drain on paper towels. Gently pat dry to remove excess moisture.

Step 5: Prepare dehydrator tray. Use non-stick cooking spray to lightly coat the tray to avoid fruit sticking. Load the blueberries on the tray in a single layer.

Step 6: One to two hours after drying, use a spatula to gently lift each berry with a spatula and turn.

Step 7: Check blueberries for dryness. They are ready when there is no visible moisture without stickiness.

Step 8: Condition the blueberries to allow moisture distribution. Pack loosely in plastic or glass jars for 7-10 days shaking daily to observe for sticking or condensation indicating the fruit needs additional drying.

Step 9: Store dried blueberries in containers to avoid exposure to air and moisture. Good containers include home canning jars, plastic freezer containers with tight lids, plastic freezer bags, or vacuum sealed bags. Store in a cool, dry, dark place away from heat sources.

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