



Strawberry-Cream-Sugar

amount	ingredients
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[dried strawberries](#) or [frooggies fruit powder strawberry](#)

[dried cherries](#)

[dried rose leafs](#)

[dried black elderberries](#)

[dried apple slices](#)

[dried bio orange peels](#)

[dried rose hips](#)

[dried hibiskus flowers](#)

[diamond powder sugar](#)

[Nutribullet](#) to pulverize

Preparation:

1

Drying strawberries and cherries

Fully ripe, large fruits and berries are perfect.

Clean immediately after harvesting (corer the cherries) and cut into slices of equal size with a knife. Lay out an [adjustable baking sheet](#) with baking paper and spread the slices (strawberry or cherry) on it. In the oven at 50 ° C dry during the first time every 15 minutes turn - the oven door always remains slightly open

In my experience, the berries need about 24-28 hours.

The low temperature ensures that the vitamins are preserved.

I dry them for about 15 hours, then I take them out and dry them in the dark attic heated by the sun.

Either on a [cooling grid](#) with a [cotton cloth](#) or on a [drying rack](#).

2

I only dry flowers and herbs by natural means - picking, chopping and drying in the attic. The best hanging, so that the air can circulate and it does not come to mold.



3

For the impatient, it is ideal to dehydrate the berries in a hot air device (such owns my sister for it) It works like in the oven, only it is faster. About 8 hours until the berries are completely dry. I prefer my method.

4

storage:

The dried berries such as strawberries, cherries or black elderberries are stored in a tightly sealed [glass container](#) in a dark, cool place.
Ideal are temperatures between 5 and 20 degrees.

5

Dry hibiscus and rose petals

For drying roses I recommend only very fragrant varieties such. For example, Rosella gourmet roses, Pink Roadrunner shrub rose, Portland rose Rose de Resht or bedside rose Sunlight Romantica.
Unpainted rose petals should be harvested in the morning, as they are the most aromatic.

The flowers into individual petals divide, read and rid of animals. You can put the rose petals on a stretched cotton sheet - it is important that the flowers get as much air while drying, so they do not mold. I often use, e.g. a [cooling grid](#) on which I lay a [fine cotton](#) cloth and on it the flowers. If you often dry in the attic like I do, then it pays off to buy or build a [drying rack](#). I've grown up with drying plants and use a lot of techniques. To keep the color of flowers as good as possible, I make sure that the flowers are completely protected from light during drying. In my attic, it is pitch black, if you do not have it dark you can put a fine cloth over the flowers.

6

Drying orange peels

Whenever I cook with oranges, I juice or buy organic oranges. Often the bowl is thrown away, but I always try to use everything.
I wash the oranges in lukewarm water, dry them and before the pulp is processed, I use a [fine grated kitchen rub](#) and rub the orange peel away.
I let the shell air dry in a cardboard box. I use them every day. In winter, it is relatively fast, because there the houses are heated.

7

Drying elderberries

There are again 3 options air drying, in the oven or in a [dehydrator](#).

I always dry them in the air to get the maximum amount of vitamins. To do this, simply leave the berries on the umbels after harvesting. Take [clothes pegs](#) and fasten them on a leash in the attic.
Important! Under no circumstances should the berries hang in direct sunlight and certainly not get wet.



8

Drying apple slices

Apple slices were a treat with us in the family, which we have always got as children at my granny in winter. These were the best chips in the world for us. We ourselves had apple trees. To conserve the apples, some of the apples have been sliced after harvesting and dried directly on a baking paper on the radiators and on the stove.

I do not have that option, so today I do it like this:

I remove the core case with an [apple peeler](#). I leave the skin of my own organic apples from the garden of my parents on it. I slice the apples and the finishing is the same as with strawberries and cherries. Only the apples I dry about 5-8 hours in the oven.

During the drying process, leave the oven door ajar to allow moisture to escape from the apples. Then I dry the apples in the air in a carton.

9

Drying rosehips

The rosehips can be dried as whole fruits or crushed. It is recommended to mince large fruits. This causes them to dry faster.

Rosehips are super-dry in the open air. Simply place a baking paper or kitchen roll on a [perforated baking](#) sheet or in a cardboard box.

Allow to dry at room temperature.

10

The strawberry cream powdered sugar production

All ingredients well dried in a food processor or as I pulverize in [Nutribullet](#) and mix with powdered sugar to taste.

Fill in [glass containers](#) and this sweet seduction or a nice kitchen gift is ready.



Lucina's Tipps:



You can also refine cream with this sugar. Pure enjoyment - I promise you that.
If you do not have the opportunity to dry your fruits and flowers yourself, you can also buy these teas. [Strawberry cream](#) and e.g. [Sweet Kiss](#) of teapot (here is also cherry flavor and black elderberry represented) in the [Nutribullet](#) shred (or pulverize) and simply mix with icing sugar to taste.



I wish good luck

and buon appetite!!

youre Lucina Cucina