

FREE RECIPE GUIDE

7 Easy Freeze-Dried Breakfasts

Freeze-dried food is not just for emergencies — it makes fast, genuinely good breakfasts any morning. Here are seven that take minutes, using pantry-stable ingredients.

1. Berry Morning Oatmeal

Hot water over rolled oats; stir in freeze-dried strawberries and blueberries. They rehydrate as the oats cook. Add a pinch of salt and a drizzle of honey.

2. Two-Minute Scramble

Rehydrate egg crystals with warm water, then cook in a hot, buttered pan. Toss in freeze-dried cheese and diced peppers for a loaded scramble.

3. Pancake-Berry Stack

Make pancakes from your favorite mix; fold crushed freeze-dried strawberries into the batter for bursts of real fruit flavor.

4. Yogurt & Crunch Parfait

Layer yogurt with whole freeze-dried fruit for a parfait that stays crunchy. Great for lunchboxes too.

5. Smoothie in Seconds

Blend freeze-dried mango, banana and a splash of milk or water. No fresh fruit to spoil, no waste.

6. Savory Breakfast Hash

Rehydrate freeze-dried potatoes and onions, crisp in a pan, then top with scrambled egg crystals and cheese.

7. Trail-Ready Granola Mix

Combine granola, freeze-dried fruit and nuts in a jar. Eat dry on the go or with milk at home.

Find every ingredient at thrivefreeze.com — shop by category for fruits, dairy, eggs and more.