

* * * Freezer Cooking Guide * * *

What you can freeze and how to freeze it!

Baked Goods and Breads:

Item	How to Freeze	Length of Time
Baking Chips	Freeze in store bag - place in freezer bag to prevent freezer burn	up to 12 months
Cookies & Brownies (baked)	Place in a freezer bag	up to 6 months
Cookie Dough	Prepare cookies like normal and spoon onto baking sheet - freeze. Once frozen place in freezer bag.	up to 6 months
Hot Dog/ Hamburger Buns	Keep in package (Place in freezer bag if will be freezing for a long time)	up to 12 months
Muffins	Freeze on a cookie sheet - once frozen place in a freezer bag	up to 6 months
Pancakes/waffles	Freeze on a cookie sheet - once frozen place in freezer bag	up to 6 months
Tortillas	place in the original bag	up to 9 months
Nuts	Freeze in packaging	up to 12 months

Dairy:

Item	How to Freeze	Length of Time
Butter & Margarine	Freeze in the container they come in	up to 9 months
Cheese (Block, Shredded, and Sliced)	Freeze in original package (Block cheese will crumble after it thaws)	up to 6 months
Cream Cheese	Freeze in container - texture changes after it is frozen (works best when cooking or baking)	up to 6 months
Milk (Cows, Almond, Soy)	Pour about a $\frac{1}{2}$ cup out of a gallon (or $\frac{1}{4}$ out of a quart) and freeze in container. It expands when frozen.	up to 4 months
Sour Cream	Freeze in container - texture will change - Use for baking and cooking	up to 6 months
Yogurt	Freeze in container - texture will change- use for smoothies or in baking	up to 4 months

Eggs / Meat:

Item	How to Freeze	Length of Time
Eggs	Crack and scramble - freeze in ice cube trays. Then freeze and place in freezer bag - Perfect for baking	up to 8 months
Hot Dogs	Freeze in packaging	Up to 6 months
Lunch Meat	Freeze in packaging - becomes more moist after thawed	up to 4 months
Ground Beef	Freeze like normal - or brown, then freeze in freezer bags	up to 6 months
Poultry	Freeze like normal - or marinate and then freeze in freezer bags	up to 6 months

Fruits / Vegetables:

Item	How to Freeze	Length of Time
Apples, Peaches, & Pears	Core, peel, and slice. Use lemon juice to prevent browning and place in freezer bag (works great in pies, cobblers, and smoothies)	up to 6 months
Berries and Bananas	Freeze whole (or sliced). Place on cookie sheet and then freeze. Once frozen, place in freezer bag	up to 12 months
Bell Peppers & Onions	Chop into small pieces. Place in freezer bags. Works great for soups, casseroles, crockpot meals, and spaghetti)	up to 12 months
Broccoli, Cauliflower, Carrots	Blanch vegetables in boiling water for a few minutes. Cool completely. Freeze in freezer bags. Perfect for soups, casseroles, and crockpot meals	up to 6 months

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