

THE MASTER LIST OF FOODS YOU CAN AND CANNOT

FREEZE

FOODS YOU CAN FREEZE:

bacon bits
bananas
berries
breadcrumbs
butter
cakes {baked, not frosted}
casseroles
citrus zest
chicken broth
granola
grapes
herbs
jams & jellies
meat
milk
muffins
nuts
quick breads
pasta sauce
pies
pizza dough
rolls & biscuits
sandwich bread
shredded cheese
shredded chicken
soups
vegetables {most}

FOODS YOU CAN MAYBE FREEZE:

{depends on preference}

cookies
eggs
potatoes
sour cream
yogurt

FOODS YOU CAN'T FREEZE:

cottage cheese
cream cheese
cucumbers
lettuce leaves
mayonnaise
rice
ricotta cheese
tomatoes

