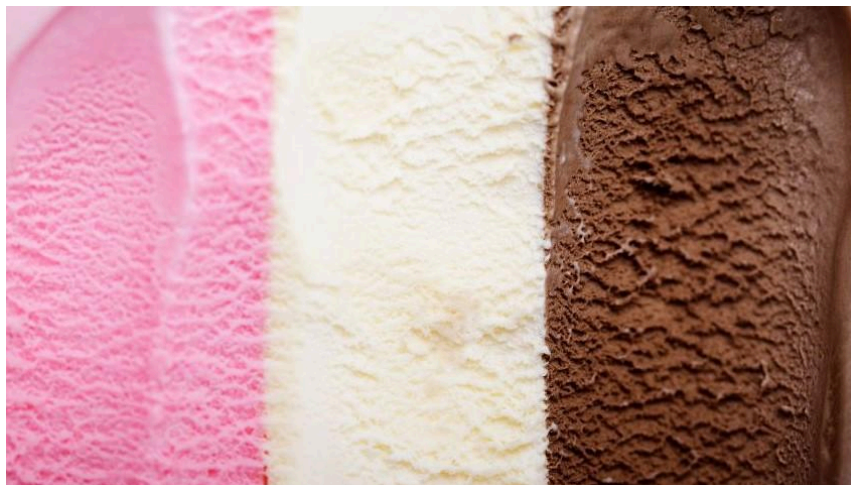


Astronaut Ice Cream

This recipe makes as much as you wish to prepare



Ingredients

1.75 qt box of ice cream (any flavor)
Or
Any container of ice cream

Directions:

1. Pre-freeze your trays. This keeps the melting to a minimum.
2. If you buy the cardboard box of ice cream, just peel the container off the ice cream.
3. Cut your very frozen ice cream into slices (wear gloves, ice cream is cold). Lay the slabs onto your tray,
4. If your container is not one that can be cut away, just use an ice cream scoop to put dollops of ice cream on your tray.
5. Freeze in the freezer until frozen solid.
6. Start your freeze dryer and make sure it is below freezing before putting trays in the freeze dryer.
7. Freeze dry (my cycle time was 22 hours).
8. Store in jars for short-term use or in mylar bags for long-term storage.

Rehydration:

Not intended for rehydration. This is a freeze dried sweet treat!

Notes:

Chunks of chocolate and nuts do not freeze dry well so avoid ice cream with them.

Nutritional Value Not Provided

Calories: Protein: g Fat: g Carbohydrates: g Sugar: g Fiber: g