

Avocados

Prepare as many as you wish, but 8 make about 6 cups



Ingredients

avocados
2-3 tbsp lemon juice—to prevent browning

Directions:

1. Slice the avocados, removing the pits and skin.
2. Soak in a lemon juice bath of 1 tbsp lemon juice per 1 cup of water to help prevent browning and improve rehydration.
3. Prepare the trays: Line with silicone mats for easy removal.
4. Arrange the slices evenly on the trays.
5. Pre-freeze (optional): Freeze until solid or place directly into the freeze dryer.
6. Freeze dry (my cycle time was 25 hours)

Rehydration:

These can be enjoyed dry (my favorite way to eat them!). My rehydration attempt was unsuccessful, likely because I skipped the lemon juice soak, which helps preserve texture and color. If you try to rehydrate, start with minimal water and let them soak for a long time. Covering them may help.

Notes:

Avocados are high in calories and fat, but it is mostly monounsaturated fat (good fat). They make excellent fuel for your body if you don't want a lot to eat. They are also a great source of many nutrients, including B vitamins and magnesium.

Nutritional Value Per 1 medium avocado

Calories: 322 Protein: 4 g Fat: 30 g Carbohydrates: 17 g Sugar: 1 g Fiber: 14 g