

# Backpackers Mac 'N' Cheese

This recipe uses freeze dried ingredients and will make as many individual servings as you choose.

[Live Life Simple's: Freeze Dried Mac N Cheese Video](#)

## Ingredients:

1 Cup freeze dried  
small elbow macaroni

OR 1 Cup elbow mac  
blitzed into smaller  
pieces

1 Tbsp freeze dried  
milk powder

5 Tbsp freeze dried  
Velveeta powder



## Directions:

1. Cook, drain and rinse your noodles.
2. These can go straight onto the trays.
3. Milk will work best if pre-frozen.
4. Velveeta needs to be cut into small, bite sized cubes or slices.

## After Freeze Drying Ingredients

5. Run the milk and Velveeta through a blender or food processor to make a fine powder.
6. If desired, you can blitz the noodles in the food processor as well, to make smaller pieces that will rehydrate faster.
7. Add all ingredients together in a bowl or rehydrate in a Mylar bag with boiling water. If possible, you may have better results boiling noodles first, then adding cheese and milk.
8. Store Appropriately (See Tips and Tricks for storage help)

**Cycle Time:** Varies

**Rehydration: For 1 Cup serving:** add  
1/4-1/2 Cup boiling water, let sit covered for 5  
min, stir and let sit for additional 5 min



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Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray    Small = 4 Cups/Tray