

Backpackers Mac n Cheese

Freeze-Dried Pantry

This recipe makes 1 serving



Ingredients

1 cup freeze-dried small elbow macaroni

1 tbsp freeze-dried milk powder

5 tbsp freeze-dried Velveeta powder

This recipe uses freeze-dried ingredients to make a meal in a jar or bag. See our homemade mac n' cheese recipe for instructions for freeze-drying all the ingredients.

Directions:

1. Add all the ingredients to a mylar bag, jar, or bowl

Rehydration: Add about $\frac{1}{3}$ cup of hot water. Cover and let it sit for 5 minutes. Stir and let it sit for 3-4 more minutes. Stir and enjoy

Notes: This is a great road trip or camping meal. Rehydrates well in a mylar bag.

Nutritional Value Per 1 serving (about 1 $\frac{1}{2}$ cups)

Calories: 183 Carbohydrates: 28 g Protein: 8 g Fat: 6 g Fiber: 1 g Sugar: 3 g