

Beet Chips

1 can filled 1 medium tray *

[Retired at 40: Freeze Dried Veggie Chips // Beets, Carrots, Turnips, Pickle Chips](#)

Ingredients:

Can of sliced beets
Ground cumin
Or
Ground Cinnamon and
Tumeric
Or spices of your
choice



Directions:

1. Spread sliced beets out on lined tray
2. Sprinkle with seasonings
3. Pre-Freeze
4. Freeze dry
5. Store appropriately. (See Tips & Tricks for storage help)

Cycle Time: My cycle time in a medium freeze dryer was 28 hours

Rehydration: Not intended



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www.freezedryingcookbook.com

Cycle times & rehydration for reference only

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