

Brownies

This recipe makes as many as you wish to prepare



Ingredients

Any brownie mix, mixed up, baked, and cut into single size portions

This recipe was contributed by John In Bibs

Directions:

1. Mix, bake and cool your favorite brownie mix.
2. Line your trays with parchment or silicone.
3. Cut the brownies into typical serving sizes and arrange onto your trays.
4. Pre-freeze when possible.
5. Freeze dry.
6. Store in mylar bags.

Rehydration:

To rehydrate you will need to use a pressure cooker such as a Ninja Foodi or Instant Pot.

1. Place a tall wire rack inside the pressure cooker.
2. Place 2 cups of water on the bottom of the pressure cooker.
3. Place the brownies (however many you want to rehydrate) on the wire rack.
4. Close and seal the pressure cooker lid.
5. Rehydrate on High pressure for a 5 minute cycle.
6. Release steam and remove from the pressure cooker.

Notes:

You can also crumble freeze dried brownies to make a great ice cream topping!
Chocolate chips and nuts do not freeze dry well so avoid brownies with those ingredients.

Nutritional Value Not Provided (varies)

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