

Cheese Chips

This recipe makes as much as you wish to prepare



Ingredients

Blocks of cheese of your choice

White cheeses have less oils than yellow cheeses and they may keep longer in storage because of this

Directions:

1. Line your trays with parchment paper
2. Thinly slice the cheese to about $\frac{1}{8}$ inch thick for even drying
3. Lay the cheese slices flat on the parchment-lined tray
4. If stacking multiple layers, place a sheet of parchment paper between each layer. You can do up to 3 layers
5. Once all layers are arranged, place a final sheet of parchment paper on top of the last layer of cheese to prevent oils from attaching to your tray warmers
6. Pre Freeze when possible
7. Freeze dry (my cycle time was 16 hours)
8. Store in jars or mylar bags for short-term

Rehydration:

Not intended for rehydration. These are an excellent snack - way better than any cheese cracker you will ever have!

Notes:

Freeze dried real cheese does not store long term as a stand alone item due to the oils in it.

Nutritional Value Per 1 oz Cheddar

Calories: 110 Protein: 7 g Fat: 9 g Carbohydrates: 1 g Sugar: 0 g Fiber: 0 g