

# Cheese Sauce

*This recipe makes 8 cups of powder*



## Ingredients

**#10 can** of cheese sauce (I used Best Choice Cheese Sauce with Jalapeno)

## Directions:

1. Add parchment paper to your trays.
2. Place a tray on a food scale and zero it out.
3. Add no more than 2 lbs 8 oz of cheese sauce onto the tray.
4. Spread it evenly across the surface.
5. If using tray dividers, insert them now to create uniform portions. This is just to help you handle it after freeze drying.
6. Pre-freeze when possible.
7. Freeze dry.
8. Once freeze-dried, crush it into a fine powder. Place the cheese sauce into a large Ziplock bag and use a rolling pin to crush it.
9. Transfer the powdered cheese sauce into a ½-gallon jar for storage. Vacuum seal the jar to extend shelf life.

## Rehydration:

Add 3 tbsp hot water to ¼ cup freeze-dried cheese sauce. Stir until it reaches a smooth consistency.

## Notes:

This powdered cheese sauce is a great addition to your skillet meals; just sprinkle it on near the end of cooking.

### Nutritional Value Per 2 tbsp powder

Calories: 56 Protein: 1 g Fat: 4 g Carbohydrates: 6 g Sugar: 2 g Fiber: 0 g