

Coffee Creamer

One 32 oz container of creamer is about 4 cups



Ingredients

Container of your favorite creamer
Water

Directions:

1. If using regular (not sugar-free) coffee creamer, mix it with an equal amount of water (1:1 ratio) to prevent it making a mess inside your freeze dryer and improve freeze-drying results. Sugar free creamer doesn't need to be diluted
2. Using silicone ice cube molds, pour the creamer into each section. Record how many mold sections are filled with your typical cup's creamer volume
3. Place the molds in the freezer and allow the creamer to freeze completely for 24-48 hours. Keep in mind that regular (sugar-containing) creamer may not freeze rock-solid due to its sugar content.
4. Once frozen, remove the creamer cubes from the silicone molds and place them on a parchment-lined freeze dryer tray
5. Freeze dry. If the creamer pieces are large, flip each piece over after the initial cycle and continue freeze-drying for an extra 12 hours to ensure complete dryness. (My total cycle time was 36 hours).
6. You can powder the creamer in a smoothie blender, or leave in cubes. The cubes are fragile and won't hold up in a mylar bag; they would be better stored in a jar. Note how many cubes of creamer it takes to make one cup

Rehydration:

Just drop the creamer into your coffee and watch it dissolve before your eyes!

Notes:

This is a great way to take your favorite creamer on the road without having to bring the bottle and try to keep it cold. Just drop into your coffee, mix and get your day started the way you like it!

Nutritional Value Not Provided

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