

# Coleslaw

This recipe made 1 Large Freeze dryer tray of Coleslaw\*

[Live Life Simple's: Freeze Dried Sloppy Joes & Coleslaw](#)

## Ingredients:

½ C Plain Greek Yogurt  
3 ½ Tbsp Apple Cider Vinegar  
3 Tbsp Sugar  
1 tsp Salt  
A pinch of Pepper  
1~ 16oz bag of Coleslaw mix or Fresh Cabbage



## Directions:

1. Add Greek Yogurt, Apple Cider Vinegar, Sugar, Salt and Pepper to a mixing bowl and whisk together.
2. Add the bag of Coleslaw mix and combine.
3. Line tray, spread evenly and pre-freeze or go straight into the freeze dryer.
4. Freeze Dry
5. Store Appropriately (See Tips and Tricks for storage help)

Dividers work great with this recipe, so you can easily package as single servings.

**Cycle Time:** varies

**Rehydration:** Add a splash of cold water to the coleslaw, stir, let stand, repeat until you reach desired consistency.



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Cycle times & rehydration for reference only

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