

Corn Crunchers

ONE #10 Can of Hominy will fill about 2 ½ medium trays*

[Live. Life. Simple: Make Corn Nuts With Your Freeze Dryer](#)

Ingredients:

#10 Can of Hominy

Seasonings of choice



Directions:

1. Drain and rinse hominy
2. Add hominy to a bowl and add seasonings of choice
3. Line your tray with parchment, and spread evenly across tray
4. Freeze Dry
5. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 34 hours

Rehydration: Not Intended



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Life.
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www.freezedryingcookbook.com

*XL Tray = 15 Cups/Tray
Small = 5 Cups/Tray

Cycle times & rehydration for reference only
Large Tray = 8 Cups/tray Medium = 6 Cups/Tray