

# Corn Crunchers

*One 110 oz can makes 12 cups*



## Ingredients

1 #10 Can of Hominy

Seasonings of choice (I used my homemade Traeger rub for some, and an asian blend for others)

## Directions:

1. Drain and rinse the hominy and allow it to drip dry.
2. Add hominy to a bowl and add seasonings of choice.
3. Line your tray with parchment, and spread evenly across the tray.
4. Freeze dry (my cycle time was 34 hours).
5. Store in jars for short-term use or in mylar bags for long-term storage.

## Rehydration:

No intended for rehydration. This is a tasty snack with the seasonings added.

## Notes:

If you are hoping (as I was) for these to be like Corn Nuts®, it doesn't hit the mark. They turn out more like a cracker in a corn shape.

## Nutritional Value Per ½ cup

Calories: 90 Protein: 2 g Fat: 1 g Carbohydrates: 18 g Sugar: 0 g Fiber: 2 g