

Edamame Snacks

2 C of frozen edamame seeds per small tray*

[Live Life Simple: Tasty Homemade Freeze Dried Edamame Snacks](#)

Ingredients:

Frozen Edamame, steamed and shucked (recommend buying ones that can be steamed in the bag)



Directions:

1. Steam the edamame according to directions on the bag.
2. Remove the seeds from the shells.
3. Quickly blitz in a blender or food processor to just nick the skins. (This step isn't required but will shorten the freeze drying time)
4. Spread evenly across a parchment lined tray
5. Pre-Freeze or go directly into the Freeze Dryer
6. Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 24 Hours

Rehydration: Not intended



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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