

Edamame Snacks

This recipe makes as much as you wish to prepare



Ingredients

Frozen edamame (recommend buying edamame that can be steamed in the bag)

Add your choice:

1-2 tbsp buffalo sauce per cup of edamame

1-2 tbsp sriracha sauce per cup of edamame

1-2 tbsp sea salt per cup of edamame

Directions:

1. Steam the edamame according to the instructions on the package.
2. Remove the beans from their pods and discard the shells.
3. Optional (to reduce freeze-drying time): Lightly pulse the edamame in a blender or food processor just enough to slightly break the skins. Be careful not to over-process; you want the beans mostly intact.
4. If you are going to flavor the edamame, transfer the beans to a bowl, add your flavoring of choice, and stir until evenly coated.
5. Line your tray with parchment.
6. Spread the edamame across the tray.
7. Pre-freeze or go directly into the freeze dryer.
8. Freeze dry (my cycle time was 24 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended for rehydration. Edamame is a protein packed, nutritious snack!

Notes:

Edamame offers more protein and fiber while containing fewer calories compared to most common nuts like peanuts, cashews, and almonds!

Nutritional Value Per 1/3 cup

Calories: 125 Protein: 14 g Fat: 0 g Carbohydrates: 8 g Sugar: 2 g Fiber: 5 g