

Egg Salad Sandwich

1 recipe will fill ½ a Large tray

[Live Life Simple's: Freeze Dried Egg Salad Sandwich – With Rehydrated Bread](#)

Ingredients:

8 eggs

½ Cup Plain Greek Yogurt

⅓ Cup Dijon Mustard

½ Cup Diced Celery

½ Cup Diced Onions

¾ Cups Peas

½ tsp Garlic Powder

⅛ tsp Cayenne Pepper

1 tsp Turmeric

Optional 1-2 pickle spears diced



Directions:

1. Hard boil your eggs (about 9 minutes in boiling water) When done, replace hot water with cold water and let sit. Once cool enough to handle, peel and dice the eggs.
2. In a mixing bowl add greek yogurt, dijon mustard, diced celery, peas, garlic powder, cayenne pepper, turmeric, diced pickle spears, and diced eggs. Mix well.
3. Spread evenly on a lined tray, add dividers made into 10 portioned servings.
4. Pre-freeze
5. Freeze Dry
6. Store Appropriately (See Tips and Tricks for storage help)

I did not use dividers, but wish I would have used dividers configured for 10 to help me portion this out.

Cycle Time: I did not Pre-Freeze my cycle time was just over 60 hours for 5 full trays in a Large Freeze Dryer with Premier Pump.

Rehydration: I used about ⅓ Cup of Cold Water for about 1/10th of a large tray amount. Let sit for about 5 minutes.



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www.freezedryingcookbook.com

Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 4 Cups/Tray



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