

# Eggs, Raw-for Baking & Scrambling

*4 raw eggs is equal to about 1 cup*



## Ingredients

Eggs  
Salt or sugar

## Directions:

1. Crack the desired amount of eggs in a blender. As a baseline, assume approximately 4 eggs per cup.
2. Blend thoroughly for 8-10 seconds
3. Add 1-2 tsp of salt or sugar to 4-6 cups of eggs. Depending on your flavor preference, this can be adjusted up or down. The salt and sugar help keep the proteins from separating and forming clumping. I would not recommend sugar unless you are using the eggs for baking something sweet
4. Add parchment paper to your trays
5. Pour the eggs onto the trays
6. Freeze Dry (my cycle time was 40 hours)
7. Run the freeze-dried eggs through a food processor to produce a very fine powder
8. Store in jars for short-term use or in mylar bags for long-term storage
9. Sanitize, sanitize, sanitize your freeze dryer and trays after freeze-drying raw eggs

## Rehydration:

2 tbsp egg powder+2 tbsp water = 1 freeze-dried egg. These freeze-dried eggs are great for baking or scrambling

**Notes:** We found that raw eggs vs cooked, freeze-dry is the best. They rehydrate well and cook just like a fresh egg. To avoid messes when adding eggs to the trays, place your trays in the freeze or freeze dryer and then pour the eggs into the trays

## Nutritional Value Per 1 egg

Calories: 78 Protein: 6 g Fat: 5 g Carbohydrates: 1 g Sugar: 0 g Fiber: 0 g

[www.freezedryingcookbook.com](http://www.freezedryingcookbook.com)