

Freeze Dried Avocado

This recipe will make as many trays of Avocado as you choose to make*

[Live Life Simple's: HARVEST RIGHT FREEZE DRYER--Freeze Dried 🥑 Avocado 🥑](#)

Ingredients:

Avocados

Lemon Juice

Water



Directions:

1. Slice Avocados (Remove Pits and skin)
2. Soak in lemon juice bath before freeze drying to help with browning and rehydrating
3. Spread out on Silicone lined trays
4. Pre Freeze or go straight into the Freeze Dryer
5. Freeze Dry
6. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: My cycle time in a mixed load in a 2017 machine was about 25 hours.

Rehydration: Can be eaten dry (How I like them best). Mine failed rehydration, but I had not soaked them in a lemon juice bath first.



Live.
Life.
Simple.

www.freezedryingcookbook.com

Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 4 Cups/Tray