

Freeze Dried Mango

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

[Live Life Simple's: FREEZE DRIED FRUIT](#) 🍍 Pineapple, 🥭 Mango, Raspberries, 🍏 Apple & 🍌 Banana

Ingredients:

Mangos cut into strips, slices, or chunks

Or store bought frozen Mango chunks



Directions:

1. Cut Mangos into strips, slices or chunks.
2. Spread out on a lined tray (I would do a single layer per tray, mango is heavy in water and takes a very long time to Freeze Dry)
3. Pre-Freeze until solid (I recommend using lids when Pre-Freezing), or go straight into the freeze dryer.
4. Freeze Dry
5. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: My cycle time in a mixed load of fruits was about 33 hours

Rehydration: Not intended



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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