

# Freeze Dried Mango

## A Freeze Dried Pantry Recipe

6 lbs of Pre-Frozen Mango Chunks will fill 3 medium trays\*

[Live.Life.Simple's: Freeze Drying in Canada: Fish Tacos and Mango Salsa](#)

### Ingredients:

Frozen Mango  
Chunks

Or

Fresh Mangos



### Directions:

1. If using fresh mangos, remove the flesh from the pit and skin the mango.
2. Add fresh or frozen mango chunks to a food processor and process until chunky but not pureed.
3. Spread evenly across freeze drying trays
4. Cover with a lid, and freeze until frozen solid.
5. Remove lids and Freeze Dry
6. Store Appropriately (See Tips and Tricks for storage help)

**Cycle Time:** about 24 hours

**Rehydration:** This will be done as part of your recipe, this is a pantry stock item



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

Cycle times & rehydration for reference only

\*XL Tray = 15 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 4 Cups/Tray