

Freeze Dried Non Dairy Milk

1 Quart of Non-Dairy Milk will fill 1 1/3 Large trays* (6 Cups per tray to avoid spillage)

[Live Life Simple's: Freeze Dried Almond Milk, Coconut Milk, Oat Milk, Soy Milk](#)

Ingredients:

1 Quart of Non
Dairy Milk



Directions:

1. Place tray dividers into your trays before adding milk. (Optional)
2. Place the tray into a deep freeze flat and fill with milk. (I recommend using a funnel or measuring cup to avoid making a mess)
3. Freeze until solid.
4. Freeze Dry.
5. Store Appropriately (See Tips and Tricks for storage help)

Note: Weigh your trays in grams before and after freeze drying, you will know how much water was lost. You can do some math to determine how much water to add back in.

Cycle Time: My cycle time with 5 trays of milk was just over 48 hours

Rehydration: Add a little bit of cold water at a time, using a coffee frother to mix well. Add more water until you reach desired consistency.



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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