

Garden Peas

This recipe will make as many trays full as you like



Ingredients

Garden peas (about 2.25 lb filled a large HR tray)

Directions:

1. If you pulled the peas straight from your garden, shell them. Or you can buy fresh peas in bulk.
2. Blanch in boiling water for one minute.
3. Spread evenly across trays.
4. Pre-freeze, which makes the peas pop open.
5. Freeze dry (my cycle time was 40 hours).
6. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add a dollop of butter and boil them on the stove just as you would for fresh peas. However, they will need time to regain moisture so don't rush them.

Non-rehydrated freeze dried fresh peas are an underrated snack! They are one of my favorites to eat straight from storage. The flavor really pops - give em a try!

Notes:

Peas have high protein content and are a go to for vegan diets. They are high in fiber, Vitamin C & K.

Nutritional Value Per ½ cup

Calories: 62 Protein: 4 g Fat: 0 g Carbohydrates: 11 g Sugar: 4 g Fiber: 4 g