

Garden Peas

1 lb of peas equals about 2 cups



Ingredients

Peas

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. You can also allow them to soak, covered, in hot water for about 15 minutes

Freeze-dried peas are an underrated snack! They are one of my favorites to eat straight from storage. The flavor really pops.

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