

Gardetto Rye Chip Copycat

This recipe makes ~4 cups



Ingredients

7 slices rye bread (medium loaf)
½ cup worcestershire
½ tsp garlic powder (to taste)
½ tsp onion powder (to taste)
½ tsp salt or garlic salt (to taste)

Directions:

1. Thinly slice the bread to about 1/8" thick pieces. Then cut the slices of bread into small, chip sized square pieces. It's helpful to fill up the tray with bread pieces as you go just to know how much to prepare.
2. Add the spices to the worcestershire sauce and mix well.
3. Add the bread pieces to a mixing bowl and slowly add the worcestershire sauce mix, tossing the bread to coat the chips evenly.
4. Add pieces of bread to pre cut parchment lined freeze dryer pan (these can also be layered with additional sheets of parchment).
5. Pre-freezing is always beneficial, but with bread the freeze dryer does well on its own.
6. Freeze dry (my cycle time was 22 hours)
7. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended for rehydration. These are meant to be eaten as a freeze dried salty snack. Add freeze dried rye chips to your mixed nut bowl, or to a salad to spruce them up!

Notes:

Feel free to adjust the seasonings to your taste. If you get everything mixed into the bread and want more, just sprinkle it on as you toss your bread in a mixing bowl.

Nutritional Value Per 1 slice worth of chips

Calories: 80 Protein: 3 g Fat: 0 g Carbohydrates: 16 g Sugar: 1 g Fiber: 2 g