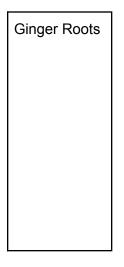
Ginger, Powdered

8 lbs of Ginger filled 4 small trays*

Live. Life. Simple's: Making Freeze Dried Ginger Powder and making Ginger Capsules

Ingredients:





Directions:

- 1. Soak and then scrub your ginger roots to get them clean, you do not need to peel the ginger roots.
- 2. Break it apart, and then using a food process, process until you have as small as you can get it in your processor.
- 3. Line your trays with parchment
- 4. Spread ginger out evenly across your trays
- 5. You may pre freeze if you choose, but it is not necessary
- 6. Freeze Dry
- 7. Powder in a food processor
- 8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 31 hours (not pre frozen)Rehydration: Not Intended You can use to cook with, or to put into capsules
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www.freezedryingcookbook.comCycle times & rehydration for reference only*XL Tray = 15 Cups/TrayLarge Tray = 8 Cups/trayMedium = 6 Cups/TraySmall = 5 Cups/Tray