

Guacamole

This recipe makes enough Guacamole for 1 medium tray*

[Adventures in Freeze Drying: Guacamole Video](#)

Ingredients

3 Ripe Avocados, halved, seeded, and peeled
1 Lime Juiced
½ tsp Kosher Salt
½ tsp Ground Cumin
½ tsp Cayenne Pepper
½ Medium Onion diced
1 Jalapeno, seeded and minced
2 Roma Tomatoes, Seeded and diced
1T Chopped Cilantro
1 Clove Garlic



Directions

- 1.) Put all ingredients either in food processor and process or in a large bowl and mash
- 2.) Put either parchment or silicone down on your tray, spread guacamole evenly on the tray, and cover with a lid. (this will limit browning of the guacamole). Add dividers for portioning
- 3.) Pre Freeze
- 4.) Freeze Dry
- 5.) Store Appropriately. (See Tips and Tricks for storage help)

Cycle Time: 4 medium trays pre-frozen took me about 24 hours.

Rehydration: Use ice cold water, add slowly and stir until desired consistency is reached. Refrigerate for 30 minutes, covered, before serving.



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* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray

Cycle times & rehydration for reference only