

# Half & Half

*This recipe makes as much as you choose*



## Ingredients

Half & Half

## Directions

1. Add parchment paper to your trays
2. Pour the half & half on the trays
3. Add dividers for easy portioning-we like 40 portions
4. Pre Freeze when possible
5. Freeze dry (my cycle time was 13 hours)
6. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 1 tbsp of cold water to 1 divider portion or about 2 tbsp of freeze-dried half & half. The amount of water you add depends on your desired consistency. Stir and enjoy

## Notes:

You can drop cubes of half & half directly into your coffee. This works well. Just stir and enjoy.  
Half & half is best suited for short-term storage due to its higher fat content, which can impact its shelf life.

## Nutritional Value Per 2 tbsp half & half

Calories: 39 Protein: 1 g Fat: 3 g Carbohydrates: 1 g Sugar: 1 g Fiber: 0 g