

# Hard Boiled Eggs Freeze Dried and Rehydrated (perfect for egg salad)

Approximately 20 chopped hard boiled eggs made 1 large tray \*

[Live Life Simple's Freeze Dried Eggs: Fried Eggs, Scrambled Eggs, Hardboiled Eggs](#)

## Ingredients:

Eggs (About 20 eggs per Large tray)



## Directions:

1. Boil eggs for approximately 7 minutes
2. Rinse in cold water, peel
3. Chop into bite size pieces
4. Add parchment paper to your tray
5. Add chopped eggs to your tray (Could use dividers here if you are portioning)
6. Pre Freeze
7. Freeze Dry
8. Store Appropriately (See Tips and Tricks for storage help) OR Make Egg Salad (see video)

**Cycle Time:** 37 hours and 30 minutes

**Rehydration:** To rehydrate for egg salad use 2 tbsp of water per  $\frac{1}{4}$  cup chopped eggs, stir and let sit for a few minutes.

Once these have rehydrated they are perfect to make egg salad (see video for recipe). Or you could just eat them rehydrated.



[www.freezedryingcookbook.com](http://www.freezedryingcookbook.com)

Cycle times & rehydration for reference only

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