

Freeze Dried Herbs

[Live Life Simple's: FREEZE DRIED Flowers, FREEZE DRIED Garlic, FREEZE DRIED Herbs](#)

Ingredients:

Basil

Cilantro



Directions:

1. Cut fresh or buy fresh from store
2. Rinse
3. Put on parchment lined tray and pre freeze
4. Freeze Dry
5. Very fragile, can be stored in a jar and add to cooking or crumbled and stored in Mylar
6. Store Appropriately (see Tips and Tricks for storage help)

Cycle Time: My cycle time in a medium freeze dry in a garage during high heat and humidity was just shy of 18 hours.

Rehydration: Just add to whatever you are cooking, just like you would store bought herbs or spices



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Life.
Simple.

www.freezedryingcookbook.com

Cycle times & rehydration for reference only

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