

Ice Cream Sandwiches

This recipe makes as many as you wish to prepare



Ingredients

1 box ice cream sandwiches

Directions:

1. Pre-freeze your trays.
2. Unwrap the ice cream sandwiches and arrange on your trays.
3. Place the trays back in the freezer so the ice cream hardens again.
4. Start your freeze dryer and let it cool down below freezing before loading the ice cream sandwiches.
5. Freeze dry (my cycle time was 22 hours)
6. Store in jars or mylar for short-term use.

Rehydration:

Not intended for rehydration. These are a freeze dried sweet treat!

Notes:

Chocolate chunks do not freeze dry well. Choose items that do not have those in them.
Freeze drying ice cream requires you to work fast so it doesn't turn into a melted mess.

Nutritional Value Per 1 sandwich (varies)

Calories: 150 Protein: 2 g Fat: 5 g Carbohydrates: 24 g Sugar: 21 g Fiber: 0 g