

# Lemon Slices

*3 Pounds of average lemons filled 4 medium HR trays*



## Ingredients

**3 lbs** lemons

## Directions:

1. Remove wax by carefully dipping each piece of fruit into boiling water for up to 60 seconds to loosen any wax coating. Remove the fruit and immediately rub off the wax using a paper towel.
2. Slice the fruit as evenly as possible, aiming for slices no thicker than  $\frac{1}{4}$  inch. Uniform slices ensure even freeze drying.
3. Line your freeze dryer trays with parchment paper or silicone liners to prevent sticking.
4. Place the fruit slices in a single layer on the trays. It's okay if the pieces are touching slightly, but avoid overlapping.
5. Pre-freeze
6. Freeze dry (my cycle time was 24 hours)
7. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Not intended for rehydration. Lemon slices are great to add to a glass of water, a mixed cocktail, or blend into a smoothie. They can also be ground up into a lemon powder for use in cooking (see our Lemon Powder recipe for details).

## Notes:

You can layer these up to 3 layers with parchment in between each layer. It will require additional cycle time.

## Nutritional Value Per 1 slice

Calories: 1.5 Protein: 0 g Fat: 0 g Carbohydrates: 1 g Sugar: 0 g Fiber: 0 g