

Mango

1 average size mango equals about 1 cup



Ingredients

Mangos

Directions:

1. Cut mangos into strips, slices or chunks.
2. Spread out on a parchment lined tray. I recommend a single layer per tray since mango is heavy in water and takes a very long time to freeze dry.
3. Pre-freeze until solid.
4. Freeze Dry (my cycle time was 33 hours with other items)
5. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended for rehydration - they don't rehydrate well. They are wonderful sweet snacks.

Notes:

Mangoes are packed with vitamins A and C, fiber, and antioxidants that support immune health, digestion, and skin health. Did you know that there are over 500 different mango varieties worldwide, each with unique flavors, textures, and colors.

Nutritional Value Per 1 cup

Calories: 95 Protein: 1 g Fat: 0.5 g Carbohydrates: 25 g Sugar: 22 g Fiber: 3 g