

Mango Powder

A Freeze Dried Pantry Recipe

This Recipe will fill 1 medium tray*

[John in Bibs': Powdered Mango Freeze Dried Ep281](#)

Ingredients:

2~ 1 lb bags
Frozen Mango
Chunks (thawed)

½-1 C Water



Directions:

1. Puree thawed mangos in a blender, add water if needed (may want to only do 1 bag at a time)
2. On a silicone lined tray, spread the mango puree evenly 2 lbs will fit on 1 medium tray.
3. Cover with a lid and freeze until frozen solid.
4. Remove lid and Freeze Dry
5. Powder either with a rolling pin or in a blender/food processor
6. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: About 40 hours with extra dry time

Rehydration: Not intended
Add to smoothies, cream of wheat,
homemade icing etc.



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Cycle times & rehydration for reference only

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