

# Mango Salsa-Freeze Dried Pantry

*This recipe makes about 2 cups*



## Ingredients

**1 ½ cup** freeze-dried mango, diced  
**¼ cup** freeze-dried onion  
**¼ cup** freeze-dried bell peppers  
**2 tbsp** freeze-dried cilantro  
**2 tbsp** freeze-dried jalapenos  
**1 tsp** freeze dried lime powder

**This is a freeze-dried pantry recipe using already freeze-dried ingredients**

### Directions:

1. Add all the ingredients to a mylar bag or jar
2. If storing, add an oxygen absorber and seal the bag or jar
3. Store in jars for short-term use or in mylar bags for long-term storage

### Rehydration:

Pour approximately 1 cup of cold water over the freeze-dried mixture. Allow it to sit for around 5 minutes before serving. Enjoy!

### Notes:

Serve with freeze dried tortillas for chips.

### Nutritional Value Per 1 cup of salsa

Calories: 91 Carbohydrates: 22 g Protein: 1 g Fat: 0 g Sugar: 19 g Fiber: 3 g

