

Mango Salsa-Freeze Dried Pantry

This recipe makes about 2 cups



Ingredients

1 ½ cup freeze-dried mango, diced
1/4 cup freeze-dried onion
1/4 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