

# Melt in Your Mouth Sugar Snap Peas

This recipe will make 1 medium Freeze Dryer tray of Sugar Snap Peas \*

[John in Bibs': Melt In Your Mouth Freeze Dried Sugar Snap Peas Ep251](#)

## Ingredients:

2 lbs Sugar Snap Peas  
4 C Water



## Directions:

1. Add water to a pan on high and bring to a boil.
2. Add peas to boiling water, let boil and cook until tender and soft. (about 15 minutes)
3. Drain and spread on a parchment lined medium Freeze Dryer tray.
4. Let cool, and Pre-Freeze Solid before Freeze Drying.
5. Freeze Dry
6. Store appropriately. (See Tips & Tricks for storage help)

<b>Cycle Time:</b> Varies	<b>Rehydration:</b> Not Intended
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[www.freezedryingcookbook.com](http://www.freezedryingcookbook.com)

Cycle times & rehydration for reference only

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