

Melt in Your Mouth Sugar Snap Peas

This recipe makes as many as you wish to prepare



Ingredients

Sugar Snap Peas

This recipe was contributed by John In Bibs

Directions:

1. Tip the peas and wash them.
2. Bring a pan of water to a rolling boil over.
3. Add the peas to the boiling water and cook for about 15 minutes, or until they are tender and soft.
4. Drain the peas thoroughly.
5. Spread them in a single layer on a parchment-lined freeze dryer tray.
6. Pre-freeze when possible.
7. Freeze dry (my cycle time was 31 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Freeze-dried snap peas make a nutritious and convenient snack, perfect for on-the-go or long-term pantry storage.

To rehydrate, place the peas in a bowl and cover them with hot water. Stir occasionally and let them soak until tender. Due to their shells, they may take longer to fully rehydrate.

Notes:

Feel free to season the peas before freeze drying for added flavor. Some great options include sea salt, garlic salt, Italian seasoning, or lemon pepper. Experiment with different seasonings to suit your taste!

Nutritional Value Per 1 cup

Calories: 41 Protein: 3 g Fat: 0 g Carbohydrates: 7 g Sugar: 4 g Fiber: 3 g