

Microgreens

6 cups of microgreen paste makes about 1/2 cup of powder



Ingredients

3.5 oz of fresh salad greens made 1/4 cup powder

3 oz of fresh turnip greens made 1/4 cup powder

3 oz of radish greens made 1/4 cup powder

5 oz of pea sprouts made just over 1/3 cup powder

3.5 oz of fresh wheatgrass made 1/2 cup powder

Directions:

Whole Microgreens

1. Trim the greens as close as possible to the seed
2. Place them spread out on the tray
3. Pre freezing is recommended
4. Freeze dry (My cycle time was 12 hours when pre frozen)
5. Blend into a fine powder for use as a spice or topper, or leave in larger chunks for a different texture

Pureed to a Paste Microgreens

1. Trim the greens as close as possible to the seed.
2. Mix the greens with a small amount of water in a blender to create a paste
3. Spread evenly across a parchment lined tray
4. Pre freezing is recommended
5. Freeze dry the paste (My cycle time was 12 hours when pre frozen)
6. Blend the freeze-dried paste into a fine powder

Rehydration:

FD microgreens are a great way to add nutrition into your diet. Add to smoothies or meals you are cooking. They can also be used as spices.

Notes:

Set the freeze dryer to Initial Freeze at -10°F, Extra Dry Time at 0:00, and Dry Temp at 120°F, press start, and wait for the machine to cool below freezing before adding pre-frozen items.

If growing your own microgreens, you can collect and store frozen in a sealed container until you have a large amount to freeze dry.

Nutritional Value Per 4 tsp of Freeze Dried Pea Microgreen Powder

Calories: 27 Protein: 3.8 g Fat: 0.4 g Carbohydrates: 4 g Sugar: 0 g Fiber: 3.3 g