

# Milk

1 gallon of milk is about 16 cups



## Ingredients

Milk

## Directions

1. Add parchment paper to your trays
2. Pour the milk into your trays
3. Add dividers for easy portioning
4. Pre Freeze when possible
5. Freeze dry (my cycle time was 60 hours without a pre-freeze)
6. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 1 cup of cold water to 1 cup (or 1 oz) of chunky freeze-dried milk powder. Stir or shake in a jar. Enjoy

## Notes:

If you package this in a mylar bag or powder it before you store it be sure to weigh the milk powder for correct rehydration. 1 oz milk powder to 1 cup cold water

## Nutritional Value Per 1 cup of 2% milk

Calories: 130 Protein: 9 g Fat: 5 g Carbohydrates: 12 g Sugar: 13 g Fiber: 7 g