

# Rocket Pops Popsicles

## Freeze Dried

This will make as many trays as you choose to fill \*

[Live Life Simple's: Freeze Dried Astronaut 🍦 Ice Cream 🍦 HARVESTRIGHT FREEZE DRYER](#)

### Ingredients:

Rocket Pops  
Popsicles

Freeze Drying  
Popsicles requires  
you to work fast to  
keep the popsicles  
frozen



### Directions:

1. I unwrapped my Rocket Pops
2. Place on a prefrozen tray
3. Place back in the freezer and freeze to make sure ice cream is solid
4. Make sure your freeze dryer is below freezing before placing trays in freeze dryer
5. Freeze Dry
6. Store Appropriately (See Tips and Tricks for storage help)

**Cycle Time:** My cycle time was about 22 hours

**Rehydration:** Not intended



Live.  
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Simple.

[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