

Sour Cream

1 pint or 16 oz of sour cream is about 2 cups



Ingredients

sour cream

Directions

1. Add parchment paper to your trays
2. Add dollops of sour cream to your trays or fill the tray and spread evenly
3. If you fill the tray, consider adding dividers for easy portioning
4. Pre Freeze when possible
5. Freeze dry (my cycle time was 23 hours)
6. You can powder this before storing
7. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 1 cup of warm water to 2 cups of freeze-dried sour cream. The amount of water you add depends on your desired consistency. Let this sit at room temperature for at least 15 minutes. Use an immersion blender to get a smooth texture. Chill overnight before using. If possible.

Notes:

Warm water and an immersion blender are beneficial for rehydrating to get a smooth texture. It will work with cold water and a good stir, but the texture will be grainy.

Nutritional Value Per ¼ cup serving

Calories: 123 Protein: 1 g Fat: 12 g Carbohydrates: 1 g Sugar: 1 g Fiber: 0 g