

# Sweet Potato Chips

This recipe used about 10 sweet potatoes for 5 large trays \*

[Live Life Simple: Freeze dried Sweet Potato Chips – Freeze Dried Yams](#)

## Ingredients:

Sweet Potatoes  
or  
Yams  
Smoked Paprika  
Pumpkin Pie Spice  
Or any of your preferred spices for flavor.



## Directions:

1. Take the ends of the yams or potatoes and then skin them. (you don't have to skin them)
2. Use a food processor to slice so they are evenly sliced.
3. Get a pot of water boiling and an ice bath ready for blanching your potatoes or yams.
4. Blanch 3-5 minutes, strain them, then straight into the ice bath and strain them again.
5. Line your trays with parchment or silicone
6. Evenly spread blanched potatoes or yams between the trays (these were double layers with parchment between them)
7. Sprinkle or dust with your preferred seasonings
8. Pre-Freeze or straight into the freeze dryer
9. Freeze dry
10. Store appropriately. (See Tips & Tricks for storage help)

**Cycle Time:** My cycle time in a large freeze dryer without pre-freezing 5 trays was 19 hours

**Rehydration:** Not Intended



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Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray    Small = 4 Cups/Tray