

# Tofu No-Egg Salad Sandwich

One recipe fills a Large tray \*

[Live Life Simple: Freeze Dried Egg Salad Sandwich – With Rehydrated Bread](#)

## Ingredients:

2 block of tofu  
1½ Cups Chickpeas or Garbanzo Beans  
1 Cup Plain Greek Yogurt  
⅔ Cup Dijon Mustard  
1 Cup Diced Celery  
1 Cup Diced Onions  
1 ½ Cups Peas  
3 Tbsp Nutritional Yeast  
1 tsp Garlic Powder  
1/4 tsp Cayenne Pepper  
1 tsp Turmeric  
Salt and Pepper to taste  
A little Sumac



## Directions:

1. Cube the tofu, and then add all ingredients into a large mixing bowl and mix thoroughly.
2. Spread Evenly on a lined tray, pre-freeze or go straight into the freeze dryer.
3. Freeze Dry
4. Store appropriately. (See Tips & Tricks for storage help)

I did not use dividers, but wish I would have used dividers configured for 10 to help me portion this out.

**Cycle Time:** I did not Pre-Freeze my cycle time was just over 60 hours for 5 full trays in a Large Freeze Dryer with Premier Pump.

**Rehydration:** I used about ⅓ Cup of Cold Water for about 1/10th of a large tray amount. Mix and let stand covered for a while. This might be a good recipe to let sit in the fridge for a while to fully rehydrate the Tofu.



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Cycle times & rehydration for reference only

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