

Turnip Chips

Makes as many turnip slices as you like



Ingredients

Raw Turnips

Spices—we like garlic and smoked paprika

Directions:

1. Peel the turnips
2. Slice in a food processor or with a knife. Thin slices are best
3. Add parchment paper to trays
4. Arrange the turnips on the trays – Spread the slices evenly across a parchment-lined freeze-drying tray. For multiple layers, place a sheet of parchment between each layer to prevent sticking.
5. Pre-Freeze
6. Freeze Dry (my cycle time was about 28 hours)
7. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

These make fantastic snacks straight from the freeze dryer—no rehydration needed!

Notes:

Add any spices you like to the turnip slices

Nutritional Value Per 1 medium turnip

Calories: 34 Protein: 8 g Fat: 0 g Carbohydrates: 1 g Sugar: 5 g Fiber: 2 g