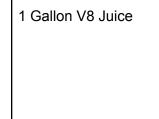
V8 Juice Freeze Dried

1 Gallon fills 4 Medium freeze Dryer tray with 4 Cups of V8 Juice each*

John in Bibs': V8 Juice Freeze Dried Ep239

Ingredients:





Directions:

- 1. Put 4 Cups of V8 Juice per lined medium tray and then Freeze Solid.
- 2. Freeze Dry
- 3. Powder, I do mine in a ziplock with my hands and a rolling pin, you can also use a food processor or a Vitamix Blender.
- 4. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: varies	Rehydration: I store as 14g of powder per jar, then add 8oz of cold water, add the lid back on and shake it up.
	back on and shake it up.



www.freezedryingcookbook.com