

Zucchini/Yellow Squash Chips

This recipe will make as many trays as you have zucchini or squash*

Contributed By: Barbara Rouse

Ingredients:

Zucchini or Yellow Squash

Bragg's Liquid Aminos - or- Kikkoman's Ponzu

Water

Optional:
Black Pepper
Garlic Powder



Directions:

1. In a large bowl (using a 1:3 ratio) mix 1 part liquid aminos or ponzu to 3 parts water, if you wish for a stronger flavor mix equal parts of each. Set aside (The more zucchini or squash you have the more of this you will need)
2. Thickly slice your squash (about ¼ inch thick) of choice and soak in the wet mixture for 5-10 minutes.
3. Line your tray(s) with parchment and then lay slices on your tray.
4. If using liquid aminos, you may wish to sprinkle a little black pepper and garlic powder on top of your squash slices.
5. Freeze until frozen solid.
6. Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: about 24-28 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