

# How to Dehydrate Peas by Food Storage Moms

## Ingredients:

- Frozen Peas (uncooked) or freshly picked and shelled peas. You can blanch if desired. Use the tender baby pea varieties, if possible. They are more tender and sweeter than the larger peas.

## Instructions:

1. Place the peas evenly on the dehydrator racks. I used an Excalibur Dehydrator and set the temperature at 125 degrees. Be sure and check the temperature for your own brand of a dehydrator for peas. Remember the time it takes to dehydrate will always depend on the humidity of the room where you are drying them. The peas took three hours today