Ingredients\n

Avocados\n

\n

Instructions\n

Wash the fruit under a running water, then dry.\n

\n

Slice the fruit in half and scoop out the seed using a spoon.

\n

Peel the two halves and cut them into smaller pieces. To prevent oxidation or darkening of the avocados soak the slices into a s bowl of lime juice.\n

\n

Arrange them on the oven tray. Make sure there is enough space, so they are not touching.\n

\n

Preheat oven or food dehydrator to 140 degrees Fahrenheit. \n

\n

Place tray in the oven or dehydrator. If using oven prop open the door a couple inches to allow moisture to escape.\n

\n

Dry in dehydrator for 8-10 hours. If using oven, it will take double the amount of time usually.\n

\n

Once full dry remove from dehydrator or oven and store in airtight container or glass jars.\n

\n