Ingredients\n

Avocados\n

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Instructions\n

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

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

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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

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

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

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

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

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

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