

# Dehydrated (Cornmeal) Frozen Corn



Who knew making homemade cornmeal could be this easy? Homemade cornmeal is much sweeter, richer, and heartier than any cornmeal that you get from the store. It's also super fun to make!

## Your Key Ingredient:

[NESCO Dehydrator](#)

## Grocery Ingredients:

- 1-2 bags frozen corn

## Instructions:

1. Place frozen corn on your NESCO® Dehydrator trays using a fruit roll or mesh sheet.
2. Dry 8-10 hours at 135°F.

3. Grind corn in a large blender to make cornmeal.

***\*1 cup of dried corn: 1/2 cup cornmeal***