



DRIED GREENS

Recipe is high in fiber, antioxidants and vegetables.

INGREDIENTS

- Greens of choice. Can use beet tops, swiss chard, spinach, kale, etc.

PREP TIME

- Prep | 10 minutes
- Cook | ~10 minutes
- Ready in | 20 minutes

PROCEDURE

01

Wash greens and remove the stem. Preheat oven to 350 degrees.

02

Line pan with parchment paper. Place greens in single layer on pan and place in oven. If you prefer, you can use a dehydrator instead of the oven.

03

Cook until greens are crunchy to the touch.

04

Remove from oven and allow to cool. Place in gallon bag and break greens into a powder. This can also be done in the blender.

05

Add powder to dishes you are preparing such as smoothies, muffins, eggs or other dishes that need extra vegetables.

