Ingredients\n

Broccoli\n

\n

Instructions\n

Soak for 1 hour in sink of cold water with 1 tbsp. of Himalayan salt. Do not skip this step with organic broccoli, even store bought. \n

\n

Cut the flower from the stems and chop them finely, about the size you would want to use in soups or stews. \n

\n

Put the flowers on a dehydrator tray in a single layer. \n

\n

Put the shredded stems on another dehydrator tray in a thin layer. \n

\n

Put all the trays in your dehydrator and process on medium heat over night. \n

\n

In the morning, shuffle the trays so that the front of the trays is at the back of the dehydrator, and the top trays are shuffled to the bottom. \n

\n

Allow to dry for another 4 to 6 hours or until dry, and brittle. \n

\n

Turn off the dehydrator and allow the contents to cool naturally. \n

\n

Check for doneness. When done your vegetables should be dry and brittle.\n

\n

Store in glass jars with tight fitting lids.\n

\n