Ingredients\n

Greens and/or Spinach\n

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Instructions\n

To dehydrate the greens, place them in single layers on the dehydrator trays.\n

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Depending on your dehydrator model, the greens will dry in 8-24 hours at low to medium heat (115-125 F).\n

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Keep in mind that the lower the temperature, the longer the drying time .\n

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