Ingredients\n

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1 medium kohlrabi

1/2 cup apple cider vinegar

1 teaspoon sea salt

Instructions\n

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Slice kohlrabi about 1/8-inch thick.\n

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Lay them out flat on a baking sheet.\n

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Pour on the vinegar and sprinkle on the salt.\n

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Cover, or put them in an enclosed place, like an oven, and let them sit and soak for about 2 hours, or until they get flimsy and translucent.\n

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Lay them out flat on a ventilated dehydrator sheet, and dry in dehydrator at 165 degrees Fahrenheit for an hour then turn down to 115 degrees Fahrenheit until crispy.\n

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