

## **BROCCOLI**

1. Wash the vegetables
2. Separate the florets from the stalks, use the stalks for powder.
3. Cut the stalks into 1/2" diagonal slices and cut the florets into uniform 1" pieces.
4. Steam Blanch a few minutes or boil blanch 1 minute to help retain color, break up tough fibers and for antioxidant benefits. (optional)
5. Dehydrate broccoli at 130°F for about 6 hours (if blanched), 10-12 hours (if not) or until brittle.

Re-hydrated broccoli florets are best used in soups and casseroles or a side dish.

To re-hydrate, soak in hot water for 30 minutes or steam for 15 minutes (until tender). For fresher looking broccoli, soak in cold water for 5 minutes before cooking.