

CHARD

1. Wash chard well
2. Remove stems.
3. Blanching is optional
4. Dehydrate chard at 125°F for 10 hours or until brittle.

To re-hydrate, soak in hot water with a little lemon juice for 15 minutes, or simmer to desired tenderness. Crush them and add to salads, soups, and omelets. Powder and add to super green veggie mix