

## **COLLARD**

1. Wash each leaf thoroughly and cut off stems, (dehydrate stems and turn into powder).
2. Steam blanch optional but will significantly increases certain nutrient properties, prior to seasoning. I recommend you try both since the texture also changes.
3. Pat dry and spread on seasoning (optional)
4. Cut or tear leafs into 1 1/2-inch pieces (optional)
5. Dehydrate at 125°F for 6-12 hours (depending on type & thickness) or until crisp.

Collard chips with olive oil will take approx 12 hours. 1 bunch or bag of raw kale or collard greens, olive oil (about 2 TB), Apple cider vinegar or lemon juice (about 2 or 3 TB), spices of choice, salt and pepper (optional). Cut greens into chip size pieces. In a large bowl, dress greens with oil, vinegar or lemon juice, and spices. Use your hands to combine well and massage dressing into greens. Spread greens in single layer on dehydrator trays.

Re-hydrate in a little bit of boiling water, sauté in butter or oil and serve as usual

Crush them and add to salads, soups, and omelets. Powder and add to super green veggie mix.