

# Plant Snacks

These have a barbecue flavor that my kids and I enjoy. I hope you do too!

6 ounces or 5 heaping cups of *baby* greens (arugula, spinach, kale, dandelion, young yellow dock leaves)  
½ c. Nutritional yeast (optional)  
½ t. Himalayan salt  
½ t. Smoked paprika  
⅛ t. Garlic powder  
Dash of cayenne (optional)  
3-4 T. Extra Virgin Olive Oil

Measure out the nutritional yeast, salt, paprika, garlic powder and cayenne. Set aside in a bowl. Rinse your

greens. I like to mix my greens in a plastic bag (Ziploc) but you can also mix it in a bowl. Mix the greens and the olive oil together. If doing this in a plastic bag, massage the oil into the leaves. If doing this in a bowl, be sure to coat all the leaves and toss well. Add the dry seasonings and if in a bag, shake well and massage over all the leaves. If in a bowl, be sure to toss thoroughly. Once completed, lay your leaves out on a dehydrating sheet for those of you with dehydrators. Dry at 115 degrees for 4 + hours until dried depending on your location (humidity). Or dry them in your oven. I would place a towel down on a cookie sheet, followed by a piece of parchment paper. Lay the greens out evenly. Preheat on the lowest setting you can. Let them dry with the door of the oven slightly open to reduce the heat. Or just leave the door shut. Check on them every 15 minutes and remove when they feel dry and crisp, not soggy. Great way to enjoy fresh greens and get rid of processed foods in our diet. (Arugula pictured)



Recipe by Kelly Pomeroy