

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Tamari Sunflower Seeds

2 cups sunflower seeds, soaked 6-8 hours

8-10 teas organic Tamari

2-4 teas raw honey (optional)

Rinse the sunflower seeds well and place in a glass bowl. Cover with water and let soak for 6-8 hours. Rinse well and let strain until not drippy but still moist. (Spreading them out on a cotton towel for 10-15 minutes works well for this) Wipe any excess water from the soaking bowl and return the seeds. Add tamari and honey if desired and fold until all seeds are evenly coated. Spread the seeds in a thin, even, layer on non-stick drying sheets in a dehydrator and dry at 145 degrees for 1 hour, then decrease heat to 115 degrees and continue to dry approximately 8 hours. Great for snacking and topping Asian style salads.

