

LOVE THY CARROT

real food made with love

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BROCCOLI BITES: VEGAN AND RAW

INGREDIENTS

3/4 cup raw sunflower seeds and/or cashews, soaked overnight and then drained, (I like to use a combinations of both)

1 red bell pepper, chopped into large chunks

1/2 carrot, chopped, chopped into large chunks

1/2 cup nutritional yeast

2 tbsp apple cider vinegar

1 tbsp olive oil

juice and zest of 1 lemon

1/2 tsp salt

1/4 tsp cayenne, (I like them a bit spicy so I added 1/2 tsp))

1/2 tsp garlic powder

1 or 2 tbsp water, (if needed)

1 head of broccoli, cut into bite-size pieces, (about 6 cups)

DIRECTIONS

1. Chop broccoli into bite-sized pieces.
2. Put all ingredients except the broccoli, into a food processor and blend until smooth. If it is too thick add a bit of water. Depending on your food processor this will take a few minutes to become a thick paste.
3. Pour this mixture into a medium sized bowl. Add the broccoli and toss it all together until well-coated.
4. Spread the broccoli out onto the sheets of your dehydrator.
5. For my dehydrator I set the temperature between 115 to 125 degrees for about 6 to 8 hours. Following your model's instructions, dehydrate the broccoli until they're totally dry and crunchy. Keep at room temperature to store.

COOKS NOTES

Note on storage: they do tend to lose their crispness. If you save up those little desiccant packets you find in some packaged foods (like kale chips), place one or two of those in the container with the broccoli bites and it extends their shelf life...if you have any left to store!

The time needed to dehydrate the broccoli bites until crispy varies, as it depends on the temperature and humidity levels outside and in your house. Read the instruction for your brand of dehydrator. I have an [Excalibur Dehydrator](#).

If you have any leftover 'sauce' - it makes a delicious dip for raw veggies.