

# How to Dehydrate Kale by Food Storage Moms

## Ingredients:

Fresh Kale, washed and chopped

## Instructions

1. Place the Kale on dehydrator racks. I dehydrated this Kale in an Excalibur Dehydrator at 125 degrees for about three hours. The time will always depend on the humidity of the room where you are drying the food item. Place in mason jars to store.
2. \*Please note you can also make Kale powder by pulverizing the dehydrated Kale in a blender or Magic Bullet type machine. Use ½ teaspoon powdered Kale per smoothie, depending on the amount desired.