



ASIAN NUT MIX

Yield: 3 cups

Equipment

Dehydrator

INGREDIENTS

1 cup	raw almonds
1 cup	raw pumpkin seeds
1 cup	raw sunflower seeds
1/4 cup	Nama Shoyu or tamari or soy sauce (more or less to taste)
2 teaspoons	garlic powder
1 teaspoon	ginger powder

Soak nuts and seeds in purified water for 12 hours and rinse thoroughly. Add remaining ingredients and let marinate at room temperature for at least 1/2 hour and up to 2 hours. Spread on mesh dehydrator sheets (excess liquid will drip into bottom of dehydrator to be wiped up later). Dehydrate for approximately 20 hours at 105 degrees or until almonds are completely dry.

(If you do not have a dehydrator, use the lowest setting in your oven; leave door cracked for air circulation and check often).

TIPS

This recipe is meant to be tailored to your own specific tastes. If you like onion, add some onion powder. Not crazy about sunflower seeds? Add more pumpkin seeds and almonds!

- Chef Sheree Clark