

ONE BITE

VEGAN MAGAZINE



ONE BITE

VEGAN MAGAZINE

CONTACT Us

Call:

857-209-8525

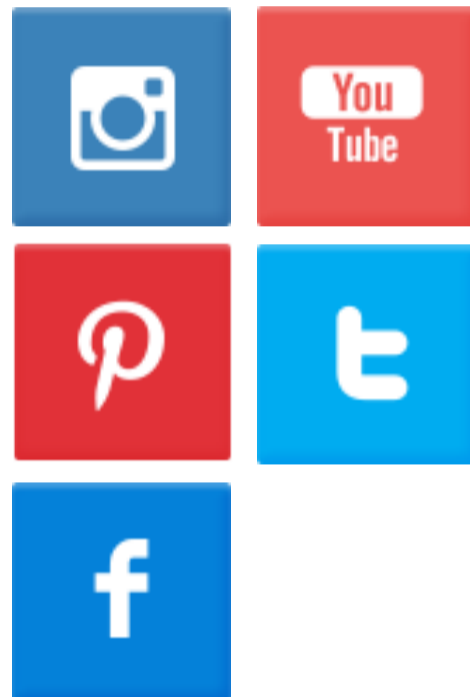
Email:

kevin@onebitevegan.com

Website:

www.OneBiteVegan.com

©One Bite Vegan Magazine 2018



Cheezy Broccoli Chips

By Jenn Sage



This recipe is perfect for raw vegan foodies who own a dehydrator. But, no worries, you can also make them in your oven. They won't be as crunchy, but still very tasty. This recipe is oil free and gluten free.

These cheezy broccoli chips are:

- crunchyyyy
- cheezyyy
- saltyyy
- oil free
- raw vegan
- a sneaky way to eat veggies
- perfect for non vegans, too!

DEHYDRATED RAW VEGAN CHEEZY BROCCOLI CHIPS

Dehydrated Vegan Cheezy Broccoli Chips

Raw Vegan Cheezy Broccoli Chips made in the dehydrator. Crunchy, salty, and cheezy makes for a perfect snack to have on hand and a sneaky way to eat broccoli. Oven Baked option also available. *Oil Free | Gluten Free | Raw Vegan*

- **Prep Time:** 15 minutes
- **Cook Time:** overnight
- **Total Time:** 10-12 hours
- **Yield:** 2 -3 cups

INGREDIENTS

- A little over 1lb of broccoli (about 2 bunches)
- 2 to 3 tablespoons of low sodium tamari sauce (see notes for substitutions)
- 2 tablespoons of nutritional yeast (this is what gives it cheezy flavor, don't skip!)
- 1/4 cup of hemp seeds (you can use cashews instead or leave out)







- 1/3 cup of vegetable broth (or water works too)
- 1 garlic clove
- 1 teaspoon of onion powder

INSTRUCTIONS

1. Cut broccoli into florets and place in a large mixing bowl. Set aside. (Save the stems and juice them later!)

2. Prepare the cheezy sauce. In a blender add the rest of the ingredients: your choice of soy sauce (tamari, coconut aminos, or Brag Liquid Aminos), nutritional yeast flakes, garlic clove, onion powder, hemp seeds, and vegetable broth or water. Blend until smooth.

3. Pour cheezy sauce mixture all over the broccoli florets and mix until all pieces of broccoli are covered in the sauce.

4. If using **dehydrator**: Place broccoli on silicone dehydrator sheets or you can use parchment paper. As a last resort you can always

place them on the dehydrator mesh sheets but it will get messy because these will drip a little. Dehydrate at 115F degrees overnight (for about 10 to 12 hours). If you want these sooner and don't mind raising the temp up (won't be raw), you can dry them at 145F to 150F and they will be ready within 2 hours. Remove once the chips are dried and crunchy.

5. For **Oven Method**: Place broccoli pieces over parchment paper on a baking sheet and roast at 425F for 30 to 35 minutes. Check them frequently. These won't be as crunchy but they are still delicious!

NOTES

- If you are on a low sodium diet – you probably want to use coconut aminos instead of tamari. Always make sure to read labels and choose low sodium options when available.
- If you don't have hemp seeds – you can totally use cashews or simply leave it out. The consistency of the sauce will be thinner but you can always add less water or more nutritional yeast to make it thicker.
- If you have more than 1lb of broccoli – you'll need to make more sauce or else it won't be enough to cover all of the broccoli pieces. Just add a bit more water, more nutritional yeast, and maybe an extra garlic or onion powder so that you don't lose the flavor. I would be careful adding more tamari sauce because it is extremely salty and may ruin the dish. Always start with less and add more as needed.
- The ingredients say 2 to 3 tablespoons of tamari sauce because tamari is veryyyy salty and everyone has a different tolerance level to salty flavor. Always add less first, and you can add more after you taste the sauce and decide if it needs to be more salty or less. Remember, when the broccoli dehydrates it will lose a lot of water, and so the salt will concentrate on the broccoli.
- Roasting these in the oven makes for a great snack as well. They won't be as crunchy and probably won't store as well as if you dehydrate them but it's a perfect solution if you don't have a dehydrator or a lot of time to make these.



ABOUT THE AUTHOR

Hey, I am Jen, Nice to meet ya!

I am obsessed with creating healthy vegan meals that taste deliciouslyyy amazing. I never cared much for food, nor cooking, but that all changed a few years ago when I switched to a whole foods, plant based diet and discovered the magic of plants! <3 Now, I have my very own vegan food blog where I share that magic with YOU! Most of the recipes you'll find there are refined-sugar free and oil-free with almost zero processed ingredients, if any! If you love what you see, please stop by www.SproutingZen.com and much love + gratitude always.

