

# ONE BITE

VEGAN MAGAZINE

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Vegan grazing  
tables*

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# Simple green onion powder

By Sarah from Tatters to Truffles

Serves: ½ - ¾ cup

## Ingredients

- Green onions, 1 large bunch or 2 small bunches (fresh from the farmers market are best)

## Instructions

1. Wash the green onions to remove any dust or dirt and pat dry with paper towels.

2. Cut off the white parts and say goodbye!

3. Slice the dark and light green parts in to ¼ to ½ inch pieces.

4. Spread the pieces evenly on a food dehydrator using the Clean-A-Screen or mesh drying screen as they will shrink significantly during the drying process.

5. Set to the vegetable setting and allow to dehydrate, approximately 12 hours.

6. Once the pieces are completely dry, remove from dehydrator and place in a spice grinder and grind in batches until you reach a powder consistency.

7. Store in an air tight container away from sun. Use to add flavor to spice blends, dips, dressings and sauces.







## About the author...

**Sarah** created Taters to Truffles in homage to her childhood culinary memories. Originally from the Midwest and now based in Los Angeles, she recounts those nostalgic days and brings them to her kitchen today along with all that she has discovered on her travels. She loves to create simple and flavorful recipes that are also easy to digest with a focus on FODMAP foods.





# Strawberry and lime fruit leather

By Sarah from Tatters to Truffles



## Strawberry Lime Fruit Leather



Serves: 8 servings

### Ingredients

- 2 pounds strawberries, cleaned and tops removed
- 2 limes, juice plus zest

### Instructions

1. Clean the strawberries, remove tops and place in blender. You may want to cut larger berries in half.

2. Add juice of two limes plus zest from half a lime.

3. Puree until smooth.

4. Add fruit leather tray to dehydrator and slowly pour mixture to fill up the tray. Warning, it will be extremely full. Sometimes I wait for it to settle a minute before continuing. This will help ensure a thicker leather.

5. Place on fruit setting and leave to start drying. Naturally some places will dry a bit faster than





others but I found it takes at least six hours. It may take longer depending on the humidity and juiciness of the fruit.

6. Carefully remove once the fruit is dry to the touch and cut into strips. I find kitchen shears to work best, but you could use a sharp knife as well.



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