



MicroDried®

Fruits & Vegetables
Powders • Fragments • Whole

microdried® sesame broccoli

- +1 cup **MicroDried® Broccoli Florets**
- +2 Tbsp honey
- +2 Tbsp toasted sesame seeds
- +1 tsp sesame oil
- +1/2 tsp garlic powder
- +1/4 tsp salt
- +1/4 tsp pepper

Tastes great cold or hot.

Eat alone as a snack or add to salads, stir fry, trail mix, or a charcuterie board.

featured product
MicroDried® Broccoli Florets

- 1) Preheat oven to 300°F.
- 2) Prepare a baking sheet with parchment paper. Set aside.
- 3) Add **all ingredients to a medium mixing bowl and mix until broccoli is evenly coated.**
- 4) Spread mixture evenly on a baking sheet.
- 5) Bake for 8 minutes. Remove and let cool.
- 6) Store in an airtight container for up to two weeks.

