



# KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Dried Rose Hips MAKES varies

CATEGORY Storage Preparation PREP TIME varies COOK TIME varies

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

## INGREDIENTS

rose hips

## DIRECTIONS

1. Preheat oven or dehydrator to 110F degrees and line your tray with parchment paper.
2. Using a sharp knife, carefully cut off the blossom and stem ends of the hips.
3. In a colander, rinse hips to wash away any remaining debris.
4. Allow the hips to air dry or gently pat down with paper towel.
5. Using a sharp knife, cut each hip in half from top to bottom.
6. Carefully scoop out and remove the inner seeds and fine hairs. (These can be saved for oil infusions)
7. Spread the remaining hip flesh out over the parchle lined baking tray or dehydrator tray.
8. Stir occasionally, bake until hips are dry and brittle. (Cook time will vary depending on method, hip size and quantity, but expect it to take several hours)
9. Remove from oven or dehydrator and allow to fully cool before storing.

## STORAGE

Store in an air tight container, such as a small mason jar, in cool, dry and place.

## MY NOTES

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