

SALT + CHIVE BLOSSOMS

A preserved salt to adorn your meals during the fall and winter months...

SERVINGS	SERVING SIZE	TIME TO MAKE
~1,000	Dash or 1/16 th TEASPOON	5 MINUTES + 4 DAYS

INGREDIENTS

- 1/3 Cup Chive Blossoms
- 1 Cup Salt*

DIRECTIONS

1. Allow your chive blossoms to dry out around 3-4 days.
2. Wash blossoms, shake excess water, hang dry (if able) or place on a paper towel or towel and lay the flowers out to dry.
3. Rotate the blossoms over the next few days (3-4 days)
4. Once dry, pick the blossoms apart and mix with salt.
5. Store in a glass container

Nutritional Information per serving: 0 Calories, 0 grams Fat, 0 gram Saturated Fat, 0 mg Cholesterol, 57 mg Sodium, 0 grams Total Carbohydrates, 0 gram Fiber, 0 grams Sugar, 0 grams Protein, 0% Vitamin A, 0% Vitamin C, 0% Calcium, 0% Iron

Trace minerals may be present, especially depending on type of salt used for preservative

*Chose salt that is free from pesticides, chemicals, heavy metals