

Caramelised Onions

- 2 large onions, sliced thin on a mandoline
 - ¾ cup soft dates, such as Medjool
 - ¼ cup tamari
 - 2 tablespoons olive oil
 - 1/3 cup water
1. Blend the dates, tamari, olive oil and water in a high-speed blender, and mix with the onions in a large bowl.
 2. Spread on a non stick dehydrator sheet and dehydrate at 105°F for 2 to 3 hours, or for 8 to 10 hours for drier, crunchier onions.
 3. Will store in the fridge for 3 days.