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# Marinated corn cobs

## Ingrediënten

- 4 fresh corn cobs
- Verde Salud olive oil or, for a spicy version, red palm extra virgin Amanprana
- Unrefined sea salt with herbs
- Pepper

## Extra info

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### Recept geschikt voor:

4 personen

### Moeilijkheid:

### Vorbereidingstijd:

minuten

### Bereidingstijd:

45 minuten

### Totale bereiding:

45 minuten

## Gebruikte producten

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De **Amanprana producten** die gebruikt zijn bij het maken van marinated corn cobs

## Bereiding

Do you usually cook corn on the barbecue? You can also cook it in the oven! Rub the olive oil (or red palm oil), salt and pepper onto the corn cobs. Place the corn cobs in the dehydration unit and dry them for about 45 minutes or put them in the oven at max 38°C. Cut the corn cobs into 4 pieces.

## Speciale wensen

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- [Raw food](#)
- [Vegetarian](#)
- [Gluten free](#)
- [Vegan](#)
- [Lactose-free](#)