

# Amaranth Ranch Rub

BY SUNNY SAVAGE

1/3 CUP DRY  
POWDERED  
BUTTERMILK



1 1/2 TEASPOONS  
DRIED DILL



1 TEASPOON SALT



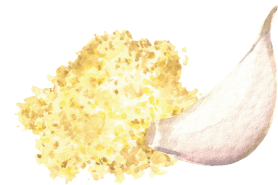
1/2 CUP DRIED WILD AMARANTH  
GREENS, CRUMBLed (BUT NOT  
POWDERED)



2 TEASPOONS DRIED  
ONION FLAKES



1 TEASPOON  
GROUND BLACK  
PEPPER



2 TEASPOONS GARLIC  
POWDER



1 TEASPOON DRIED CHIVES



*A versatile powdered mix to have on hand, which can be added to sour cream or skyr or yogurt to make a quick and delicious party dip.*

**YIELD:** 40 servings

1. Mix all ingredients thoroughly. Store in a glass jar with a tight fitting lid.

**SHELF LIFE:** Store in an airtight jar away from heat and direct sunlight. Use within one year.



HERBS  
with ROSALEE

# Sunny Savage



Sunny Savage is a mother and wild food forager, whose life is dedicated to helping people identify, harvest, and prepare invasive plant species through her mobile app the Savage Kitchen. She is the author of the book *Wild Food Plants of Hawai'i* and hosted the internationally-airing wild food cooking television series *Hot on the Trail*. In addition, she has been a headlining chef at the “Taste of Chicago”, a TedxMaui presenter, and served as faculty at the White Earth Tribal & Community College. Sunny earned a Master’s Degree in Nutrition, focusing on the antioxidants in wild greens.

An avid adventurer, Sunny traveled to every continent before her 30th birthday and has learned from plants and people along the way. She has called the island of Maui, Hawai'i home for the last 14 years, but previously adapted to life aboard a sailboat for over 3 years, in an RV for a year, at a research station in Antarctica for a year, and grew up without electricity or running water in the wilds of Northern Minnesota. She enjoys distilling her observations of the natural world into storied solutions.

You can find more from Sunny at her website, [SunnySavage.com](http://SunnySavage.com).

You can also find Sunny on [Instagram](#) and [Facebook](#).

