

Kale Chips

Yield:

Ingredients:

1 bunch Curly Kale

1½ cups cashews (you can soak 4-6 hours, but you don't have to)

1 small red bell pepper (or ½ a large one)

¼ cup nutritional yeast

1 teaspoon Himalayan salt

½ cup water

1 Tablespoon lemon juice (optional)

Splash of Nama Shoyu

Cayenne to taste if you like

Directions:

Cut or break the curly Kale into small pieces and place in a large bowl.

Mix remaining ingredients in a high speed blender (Vita-Mix or Blend-tec) until smooth. Pour over Kale pieces and massage with your hands until sauce is well incorporated over Kale pieces.

Spread out pieces on to Dehydrator trays, with grid sheets only, and dehydrate until crispy.

Notes:

Nama Shoyu (a raw product) or Tamari (wheat free) can be used and are a more healthy soy sauce.

Nutritional Yeast adds the 'cheesy flavor' to recipes