



**KALE CHIPS**

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## INGREDIENTS

- 1 bunch of kale
- 1 T nutritional yeast flakes
- cheesy sauce
- "Cheesy Sauce"
- 2 c raw cashews, soaked
- 2 T nutritional yeast flakes
- 2 T smoked paprika
- 1-2 garlic cloves
- 1 T amino acids
- 1 T apple cider vinegar with the mother
- juice of 1 lemon
- 1 t red pepper flakes, optional



## DIRECTIONS

- Wash and dry kale with salad spinner if available. Remove kale from its stem (can use stem for a vegetable broth with other vegetables) and put into bite size pieces.
- Wash and thoroughly dry kale with a salad spinner. Massage kale with cheesy sauce.
- Sprinkle with nutritional yeast flakes, Place in dehydrator for 12-24 hours. Alternatively, Preheat an oven to 300 degrees. Line a cookie sheet with unbleached parchment paper. Bake until the edges brown but are not burnt, 10 to 15 minutes. Watch closely. Remove ones that are crispy and put bake any that require more baking for 3-5 minutes. Personally, the dehydrator works best, but you will still have a tasty result in the oven.