



Spicy Kale Chips

You may omit the cayenne if you don't like spicy, however it gives it a nice zing

1 bunch of Green Curly Kale

1 cup of Cashews soaked for 2-4 hours

1 Red Bell Peppers

1 Lemon juiced

1 tablespoons of Nutritional Yeast

½ teaspoon Pink Himalayan or Celtic Sea Salt

¼ teaspoon Cayenne Powder

Wash, dry, and de-stem Kale. Tear into fairly large pieces. Place kale in a large mixing bowl. Combine the rest of the ingredients in a blender and blend until smooth to get a thick consistency. Pour over kale and mix thoroughly with your hands to coat the kale.

You want this mixture to be really glued onto the kale.

In a dehydrator, place kale on top of a mesh dehydrator screen, and dehydrate for 24 hours @ 115 degrees. If you don't have a dehydrator place separated pieces on a cookie sheet and place oven on lowest possible temperature and dehydrate for several hours checking periodically, until crisp.