



I-Can't-Eat-Just-One Kale Chips

I've yet to meet anyone who doesn't like kale chips. It's usually the first thing to disappear at any gathering.

What I like about being able to make my own, is that I can spice them up, savory them down or make multiple flavors out of one batch. Kale chips are one of those comfort and delicious snacks that justify getting a dehydrator, am I right?

Cheesy, Zesty Kale Chips Recipe

Equipment needed: Blender and dehydrator

Yield: that's kinda hard to determine. Let's put it this way, yield, never enough! LOL

Ingredients:

- 2 bunches of curly kale, stripped from stem and torn into pieces

Cheese Sauce:

- 1 cup cashews
- 1/2 cup water
- 1/4 cup soaked and dehydrated sunflower seeds
- 1/2 cup chopped red pepper
- 5 tablespoons nutritional yeast
- 1 tablespoon of lemon juice (taste o see if more is desired)
- 2 tablespoons Bragg's Apple Cider Vinegar
- 1/4 teaspoon Himalayan salt
- 1/4 - 1/2 teaspoon of cayenne pepper (season to desired taste)

Preparation Steps:

1. To make cheesy sauce, place cashews, sunflower seeds, red pepper, nutritional yeast, lemon juice, apple cider vinegar, salt, cayenne, and water in a high-speed blender (like a Vitamix), and blend to batter-like consistency.
2. Place kale in large bowl, add cheesy mixture, and then with your hands mix well, making sure all the kale has been coated with mixture.
3. Place kale on teflex dehydrator sheets and dehydrate at 118 degrees Fahrenheit for 8-12 hours, then check it. It may still need another 2-6 hours. It often will check it around the 5-6 hour mark and flip the kale over to speed up the drying process.



Kale placed on dehydrator sheet

Variations:

Be creative and try other ingredients added to cheesy sauce mixture, such as:

- Onion powder
- Garlic powder, or crushed garlic
- Chili Chipotle powder
- Creole Cajun powder
- Or go more savory, with basil, oregano, dill, etc