



Spicy Kale Chips

Arguably one of my favorite snacks, these irresistibly delicious little morsels are a nutritional powerhouse.

2 bunches kale
1 cup cashews
1 cup red bell pepper
4 tablespoons nutritional yeast
1 tablespoon chipotle
½ teaspoon cayenne
¼ cup lemon (juiced)
½ teaspoon pink Himalayan sea salt

Tools & Equipment Needed: Measuring cups and spoons, citrus juicer, knife, cutting board, large mixing bowl, airtight storage container, food processor, dehydrator with screens.

Directions: Strip the green leaves from the stems, chop slightly and place in a large mixing bowl. Blend all remaining ingredients in a food processor until smooth, pour onto the kale and combine until the leaves are well coated. Dehydrate on screens overnight or until crispy at 110 degrees. Enjoy!

Yields 3 – 4 trays

Helpful tips: Reserve the kale stems and juice them as part of a green smoothie! Get creative! Try adding a variety of herbs and spices to please your palate.