

Raw Vegan Kale Chips

From the kitchen of Tracy Wang

Ingredients:

1. 1 bunch kale
2. ½ -1 cup cashew, soaked for 2-6 hours & drained
3. 1/2-1 cup sunflower seeds, soaked 2-6 hours & drained
4. Bell peppers, {red, orange OR yellow} seeds & stems removed, cut into pieces.
Or, you can use mini sweet pepper, chopped , ½ cup
5. 3 to 4 garlic cloves
6. 3 to 4 green onions
7. Juice of one medium sized lemon
8. Salt, to taste

Equipment:

Food dehydrator or oven

Methods:

1. Wash and dry kale. Remove ribs and tear leaves into large chip-sized pieces. {They will shrink, so you want them a bit over-sized.} Place in a very large mixing bowl and set aside.
2. Put all other ingredients in a food processor and pulse to the consistency of crunchy nut butter, not completely smooth like hummus.
3. Add the nut and pepper mixture to the large mixing bowl with kale pieces. Massage the mixture until the kale pieces are well-coated. Be thorough, cover them completely. Lay the pieces in single layers in your dehydrator.
- 4a. Set dehydrator at 115 degrees F. Let dehydrate for roughly 8 hours, depending on your dehydrator. When done, they should be firm & crispy, no moisture left at all.
- 4b. Put onto cookie sheets and bake in the oven at low heat for an hour or so.

The dehydrator is best, as it preserves all the natural enzymes. Still, you will get plenty of nutrition from baking in the oven.

Note: You can try other kinds of seasonings. Just add to this mix and let your imagination run wild!

