

# New Leaf Kale Chips

A fun, simple, low-calorie, nutrition packed snack that even the kids will devour! Like potato chips, you cannot stop at just eating one. They are great for parties and a fun conversation topic.

\*Makes About 5 oz. (7 servings) **Cost: \$5.50**

## **Basic Vegan Cheese Sauce:**

- 1 Bunch (~10 oz.) Curly Kale
- 1 Cup Raw Sunflower Seeds (soaked 3-11 hours)
- 1 Tbl. Apple Cider Vinegar
- ¼ Cup Lemon Juice
- 1 Red Bell Pepper or ¼ cup dried red bell pepper
- ½ Cup Nutritional Yeast
- ½ Tsp. Salt

## **For Pizza Flavor, add:**

- ¼ Cup Dried Tomatoes or 2 cups Fresh Tomatoes
- 1 tsp. Basil
- 1 tsp. Oregano
- 1 tsp. Rosemary

\***For jalapeno**, add a pinch of dried diced jalapeno (.125 tsp.) to the basic recipe

**Wash and de-stem Kale. Blend Sauce ingredients until smoothing using blender or processor. Toss Kale and sauce together thoroughly (a kneading motion lasting 3 to 5 min).**

**To use dehydrator: Spread thickly on dehydrator sheets and dehydrate @ 115 degrees Fahrenheit for 3 - 7 hours and flip over and continue for 7 - 11 hours or until dry. After dry, turn off, let cool. After cooled, store in airtight jar with desiccant packets or rice sachet.**

**To use oven: Preheat to 200 degrees and line baking sheet with parchment paper. Arrange kale on sheet and bake/Dehydrate turning often for about 1 hour or until crispy**

**Store in airtight container.**