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
- 1/4 Cup Lemon Juice
- 1 Red Bell Pepper or 1/4 cup dried red bell pepper
- 1/2 Cup Nutritional Yeast
- 1/2 tsp. Salt

**For Pizza Flavor, add:**
- 1/4 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.