

Cheezy Kale Chips

Ingredients

- 1.5 to 2 bunches of Kale
- 1.5 cup cashews (soaked for 2 or more hours)
- 1 Large red bell pepper (seeded)
- Juice of half a lemon (2 Tbsp)
- 5 Tbsp nutritional yeast
- 1 Tsp sea salt (or to taste)
- 1 TBSP smoked paprika
- 1/2 Tsp Cayenne pepper or to taste



Directions


1. Blend everything together in blender, except kale
2. Remove stem from kale and tear into large pieces.
3. Pour “cheeze” sauce over kale and mix until all leaves are coated.
4. Spread chips on a baking sheet (spray baking sheet with cooking spray first)
5. **Dehydrator Method:** Put in dehydrator. Dehydrate until crispy (8 hours)
6. **Baking Method:** Bake at 285F for 20 minutes. Turn off oven and let tray remain in oven until oven is completely cooled. They will get crunchy without burning. Watch it *very closely* to avoid burning.

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