

KALE CRISPS RECIPE

CURLY KALE CRISPS – these are delicious and very “moreish”

1 bag curly kale (you can also use Cavola Nero)
1 tbsp lemon juice
1tbsp olive oil
2 -3 tbsp of tamari soy sauce or Braggs Liquid Amino Acids (according to taste – I use only 1 tbsp)
¾ cup of ground cashew nuts (optional - and/or 2 tbsp of nutritional yeast flakes)
1tsp. garlic salt (optional)

Optional

1 heaped tspn powdered wheatgrass
½ - 1 tsp. wasabi powder (according to taste)

- Strip leaves away from stalks and discard stalks. In a large bowl add olive oil, tamari or amino acids, lemon juice and rub well into kale to make it soft. Add cashew nuts and wheatgrass and wasabi if used and mix well.
- Spread kale on baking sheet and put in oven on lowest setting (e.g. 80 C) for 4/5 hours. Having the oven door open seems to speed up process. Or use a dehydrator.
- Keep checking and remove when dehydrated and nice and crispy. Put in an airtight container- will last up to about 2 wks.

QUICK VERSION

Preheat oven to 150°C/300°F, gas mark 2

- Prepare as above, grease a baking sheet with coconut oil, arrange the kale in a single layer and bake in oven for about 15 minutes.
- Use a fork or spatula to carefully flip the kale chips over and bake for a further 5 – 10 more minutes until they are crisp but not burnt.
- Allow to cool and store in an airtight container.