Cashew Cheese Kale Chips

Cook Time: 0 min prep Time: 0 min total Time: 0 min servings: 0

Ingredients:

1/2 cup raw cashews

- 1/2 cup sunflower seeds
- 150g de-stemmed curly kale
- 1 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1 tbsp nutritional yeast

Instructions:

- 1. Soak cashews and sunflower seeds in filtered water. If you have a high speed blender, 1 hour is enough. Otherwise soak for 3 hours.
- 2. Wash and dry the kale leaves very well. Place in a large bowl, and set aside to make the sauce.
- 3. Strain the cashews and seeds then place in the blender. Add the remaining ingredients except the kale and blend until smooth.
- 4. Add the sauce in batches to the kale and coat very well, make sure all the sauce is distributed nicely.
- 5. Dehydrator Method: Turn on the dehydrator to the 125F-52C setting.. Place the kale on to lined dehydrator sheets. You will need two sheets for this amount. Keep the leaves close together. Dehydrate for 2 hours. Then reduce the heat to 115F or 46C, and continue dehydrate for 18-20 hours. The chips will be very dry and crispy. Store in an airtight container.
- 6. Oven Method: If using an oven, pre-heat to 120C or 250F. Place the chips close together, on a lined baking sheet. Bake for 60-70 minutes. It best to eat the chips on the same day as they will retain their crispiness. Also avoid placing in a airtight container.