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□s best to eat the chips on the same day as they will retain their crispiness. Also avoid placing in a airtight container.