

Berberere Spiced Kale Chips

INGREDIENTS

- 1 large bunch Kale preferably curly leaf variety
- 2 cups sunflower seeds
- 1-1/2 cups chopped red pepper
- 1/2 cup Nutritional Yeast
- 1 lemon, juiced
- 2 tablespoons Olive Oil
- 1 teaspoon garlic powder
- 1 teaspoon curry powder
- 1 to 2 teaspoons Berbere spice
- 1-1/2 teaspoons Sea Salt
- 1 tablespoons soy sauce, tamari, coconut aminos or organic sea salt
- 1 pinch Crushed Red Pepper Flakes to taste

DIRECTIONS

1. Prepare your kale by washing, then stripping the green leaves off the tough center stems, tear leaves into large bite size pieces, preferably no larger than the palm of your hand. Reserve center stems for use in fresh juices or smoothies.
2. If you are baking the chips, preheat the oven to 200 degrees and line a baking sheet with parchment paper.
3. In your blender or food processor blend everything together except the kale.
4. You can add a little more olive oil or water to thin the "cheese" just enough to blend well.
5. Continue to blend until your "cheese" is thick, pasty and smooth.
6. In a large bowl, using your fingers, massage the cheese over the kale.
7. If baking, place individual kale chips on the parchment lined baking sheet(s) and bake at 200 degrees for 45 minutes to 1 hour, check them often. Turn them over 1/2 way through baking. They are done when they are dry and crispy.
8. If using a dehydrator, arrange each coated kale leaf on the tray of your dehydrator - making sure it's well coated by painting on "cheese" with your fingers and laying the leaf flat.
9. Dehydrate for 2+ hours.. check them often.
10. Your Nacho Kale chips are done when they are dry and crispy - store in an airtight container.
11. Enjoy!!