Sara's Kale Chips
From – Sara Eckert at Healthy Harvest Farm

2 Tbsp (30g) cashew butter
1 Tbsp (15g) tahini
1 Tbsp lemon juice
¼ tsp salt
1 Tbsp nutritional yeast (optional)
¼ tsp onion powder (optional)
1/8 tsp smoked paprika (optional)
1 bunch green curly kale

• In a large mixing bowl. Combine cashew butter, tahini, lemon juice, salt and any of the optional ingredients you like into a smooth paste.
• Wash kale, remove center rib and tear into large pieces.
• Place kale in mixing bowl and massage paste into leaves until well coated.
• Place coated kale leaves in a single layer on the racks of a food dehydrator.
• Set dehydrator to 135F and run for about 3 hours or until kale is crisp.
• Store in a well sealed plastic bag once cool.

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