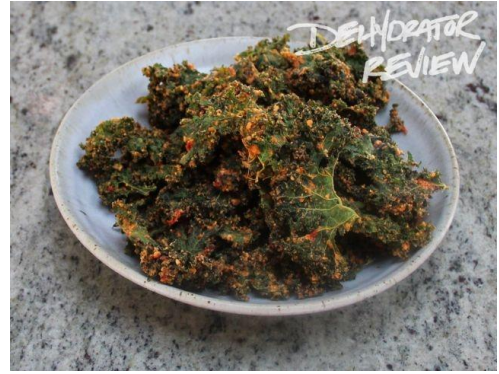


## Kale Chips with Garlic and Cashews

### Ingredients:

- Kale - half purple & green
- 2 cloves of garlic
- 1 cup of cashews
- 1 red pepper
- 1/4 cup of nutritional yeast
- 1/4 teaspoon cayenne
- Salt & pepper to taste



### Directions:

Soak cashews in water for 2 or more hours

Drain water while reserving 1/4 cup

Blend ingredients in a food processor until smooth

Wash kale and spin dry. Then place in a large mixing bowl

Spoon garlic-cashew mixture over kale toss with a rubber spatula until evenly coated

Place on dehydrating trays. Lightly salt and pepper kale leaves to taste

Dehydrate at 115° for 2-4 hours until dry

From [Dehydratorreview.com](http://Dehydratorreview.com)