



How to Make Perfect Spicy Kale Chips

These raw vegan kale chips are nutrient dense and a great way to add antioxidants to your diet. They are gently dehydrated overnight at 48°C, meaning none of the nutrition is destroyed by excess heat.

Credits: Ceri, your organic master chef

Key facts

Preparation: 2 hrs prior soaking + 20 mins

Dehydration: Overnight

Serves: 6-8 pax

Ingredients

- 4 pkts **organic kale**
- 1 pkt soaked **raw cashew nuts**
- 8-10 **organic dried tomatoes + hot water**
- 2 tbsp **cold-pressed Spanish organic olive oil**
- 3 cloves raw **Spanish Morado garlic**
- 2 tsp organic **Korma masala**
- 3 tsp **'nutritional yeast**
- 1 pinch **French sea salt**
- Juice of **1-2 organic lemons** to taste
- 250ml **filtered water**

Method

1. Soak the cashews for 2 hours ahead of time; drain off the soaking water before use.
2. Wash and spin dry the kale, remove the ribs and tear into bite size pieces and place in a large bowl.
3. Add all the remaining ingredients into a blender plus the soaking water from the dried tomatoes. Add a little filtered water to mix to a coating consistency, between stiff and fluid. Adjust seasoning to taste.
4. Pour the coating onto the torn kale leaves, massage so the leaves are evenly coated.
5. Place on the dehydrator trays and dry at 48° C overnight or until the leaves are crispy.