

Sara's Kale Chips

From – Sara Eckert at Healthy Harvest Farm

2 Tbsp (30g) cashew butter
1 Tbsp (15g) tahini
1 tsp lemon juice
¼ tsp salt
1 bunch green curly kale

- In a large mixing bowl. Combine cashew butter, tahini, lemon juice and salt 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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