

# 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.



For more recipes visit us at  
[www.HealthyHarvestFarmCSA.com](http://www.HealthyHarvestFarmCSA.com)