

Alkaline Diet Recipe: Cheesy Kale Chips

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Last time, I shared the [10 musts for traveling this summer and staying off your acid](#).

Today, I've got another alkaline snack to share that's perfect for packing and taking on your trip: cheesy kale chips.

This isn't any old cheese though. It's a zesty blend of cashews and other low-acid high alkaline ingredients that adds a delicious, creamy, cheesy flavor to kale chips.

I recommend packing these in an air-tight container so they stay fresh. The best part is, they are so light, they won't add any weight to your heavy carry-on – or your midsection. So you'll be ready to put on your swimsuit and hit the beach feeling good!

Cheesy Kale Chips

Serves 2

INGREDIENTS

1 head of kale torn into large pieces
2 tsp. extra virgin olive oil
1 cup raw cashews (soaked overnight)
1 red bell pepper
½ lemon, fresh juiced
1 tsp. apple cider vinegar
1 clove garlic
Sea salt and pepper to taste



DIRECTIONS

Preheat oven to 300 degrees (unless dehydrating).

Blend the cashews until creamy. Add the red bell pepper and blend. Add the lemon, apple cider vinegar, salt, pepper, and garlic and blend again.

Wash and dry your kale in a salad spinner. Rip kale into suitable size pieces, and pour mixture onto the kale and massage into the leaves with your hands.

Bake for 20 to 30 minutes or until crispy. Be careful not to burn. My preference is to dehydrate at 118 degrees for 24 hours, give or take (until crispy).

Enjoy!

This recipe came from the Recipe, Meal Plan & Shopping Guide included in the [GET OFF YOUR ACID 7-Day Cleanse](#). If you're ready to get rid of the common ailments that have been plaguing you, this is perfect for you.



It includes...

- Tons of easy to follow, healthy recipes
- Meal plans and shopping guides
- The guidebook with everything you need to know about cleansing and getting OFF YOUR ACID!
- AlkaMind Daily Greens and Daily Minerals
- Support from me and the cleanse Facebook group
- 2 call recordings with Q & A's
- Plus a boatload of bonuses to make your cleanse easy and delicious!

[Get started now!](#)
