

RAW KALE CHIPS

made easy

Access over
30 recipes to make
tasty and nutrient
dense kale chips

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The Benefits Of Kale Chips

- Kale chips are dehydrated rather than baked or fried so they are considered “uncooked” because food enzymes are preserved.
- Kale chips are easier to digest than untouched kale due to the process of massaging and dehydrating (breaks down cellulose in the plant).
- Kids love them! Convenient for kids’ lunches, and they eat nutrient-dense food rather than cafeteria processed food.
- Kale chips are very easy to make.
- Kale chips are low-carbohydrate and sugar-free.
- Kale chips contain good fat and fiber to support a healthy gut microbiome.

Ingredient Notes

To avoid GMO foods and pesticides, I recommend buying organic produce, nuts, seeds, and spices for these recipes.

Coconut oil

In the recipes, I call for extra virgin unrefined coconut oil. Just as you would look for cold-pressed extra virgin olive oil, try to get some version of that ideal in coconut oil.

Karam’s Garlic Sauce

If for some reason you can’t buy this ingredient, you can mix up a substitute with 3 cloves garlic, 2 tablespoons olive oil, and 1/2 juiced organic lemon.

Nutritional yeast

Nutritional yeast is deactivated yeast from the *Saccharomyces cerevisiae* family that is sold in the form of flakes or yellow powder. Most natural food grocers sell it or you can buy it in bulk on Amazon. It is popular in raw food “uncooking” because it is dairy-free and provides a cheesy flavor to your food. Nutritional yeast has trace amounts of thiamin, riboflavin, niacin, vitamin B6, and folate and is sometimes fortified with B12, which can commonly be deficient in vegan diets. It also contains chromium, 16 different amino acids, over 14 key minerals, and is a rich source of phosphorus. Although nutritional yeast is safe and frequently used in the raw food and vegan community, it may not be recommended for someone who has frequent yeast infections or overgrowth. If this is you, you can omit the nutritional yeast in any of these recipes. The main purpose of it is to add a slightly cheesy flavor.

Nuts/Seeds

If someone has nut/seed sensitivities, these ingredients CAN be omitted. Their purpose is to add additional creaminess to the kale chips. Just add another tablespoon of coconut oil or olive oil as a replacement.

Sea salt

Sprinkle your favorite sea salt to taste after your chips are dehydrated because when you dehydrate kale chips they become saltier.

Preparation

Soaking, sprouting, and dehydrating

- Nuts/seeds are nutritional powerhouses. Soaking, sprouting, and dehydrating enable the germination process to begin, which brings out the nutrients and enables easier digestion. Soaking and sprouting also help neutralize enzyme inhibitors, reduce potential gut inflammation, and increase healthy enzyme content six-fold!
- Nuts/seeds naturally produce toxin inhibitors that help protect them against germination until the ideal conditions are present for growth to occur, but these toxins can be harmful to us in large quantities. This is why soaking and sprouting is important.
- The toxin inhibitors nuts/seeds produce also protect them against microbes and insects that could destroy them, like a natural pesticide!
- Soaking and sprouting plus dehydrating remove anti-nutrients such as phytates (phytic acid), polyphenols (tannins), and goitrogens.
- Soaking and sprouting make the plant proteins more readily available for us to digest.
- Soaking and sprouting encourage the growth of good bacteria in the gut.
- I do include nuts/seeds in these recipes in small amounts. Our ancestors had to open the shells one by one to consume these gifts from Mother Nature, so they ate fewer than we do today. These days, they are provided in large bags for consumption (too much of a good thing).
- Dehydrating nuts/seeds enables you to soak and sprout batches at a time and store in a cupboard for convenience.

Soaking, sprouting, and dehydrating nuts, seeds, and dates (chart)

Soak items in filtered water in a large bowl with enough water to cover them at least an inch. Try to use them shortly after they've been soaked because that's when they are softer and easier to blend. Although I note dehydration times, there is no need to dehydrate these unless you are making a large batch for storage. Just soak for the recommended time, rinse well, and I recommend taking the extra step to sprout.

Item	Soaking time	Sea Salt	Dehydration time	Temperature
Brazil nuts	3 hrs	1 tbsp	12-24 hrs	115
Cashews	2-3 hrs	1 tbsp	12-24 hrs	115
Dates	1 hr			
Macadamia nuts	7 hrs	1 tbsp	12-24 hrs	115
Pumpkin seeds	6 hrs	2 tbsp	12 hrs	115
Sunflower seeds	4 hrs	2 tbsp	12 hrs	115
Walnuts	8 hrs	2 tsp	12-24 hrs	115

Washing your produce

Please wash all produce well before using in your recipes! Even if it is organic, not all produce comes from your ideal soil. Like all gardeners, organic gardeners have to start somewhere. So rinse with filtered water, if possible, and then pat dry with a clean dish towel. Now, if the kale comes from your own trusty garden, and the soil is organic, then a quick rinse will do. A little respectable dirt is actually quite good for our gut microbiome!

Processing

Blending

When blending your ingredients in your food processor, make sure to stop the processor once or twice to scrape the sides so that all ingredients get blended and sauces are smooth.

Dehydrating

I mention to use 1, 2, or 3 trays when making batches of kale chips. This will vary depending on the size of your trays and what model and make you have. I have an Excalibur 9-tray model with large trays.

Dehydration times in recipes

The amount of time you dehydrate your raw chips will depend on your dehydrator, elevation, humidity, etc., so don't be surprised if you need to take them out earlier than 10 hours or leave them in longer than 12 hours. You will get to know your dehydrator and what times work for you. Also, some individuals may prefer their kale chips moist, others very crisp. My time frames are guidelines that have worked for me in the Seattle area with my particular dehydrator.

Massaging the kale

I note to aggressively massage the sauce into your kale leaves in every recipe. The reason for massaging the kale leaves is to break down the cellulose structure which makes them more digestible. Massaging also helps to marinate your kale with your special sauces!

Spreading kale on dehydrator trays

Spreading the leaves should only take 30 seconds to a minute. I put handfuls of marinated leaves on the trays at a time and just spread them across the trays. It doesn't have to be perfect. The leaves do not have to be spread out to dry; they will dry in clumps too! When you "spread them out evenly" just make sure they are not in mountains on your trays!

Storage

Store your chips in a sealed glass container on your countertop.

Note: Many of these recipes can be used to make great raw kale salads if you do not want to dehydrate them! They are delicious on zucchini noodles too! Any leftover sauce can be stored in a sealed glass container in the fridge.

Tools

You will need a dehydrator, parchment paper for the dehydrator trays, and a food processor with an S blade for all recipes. I recommend the Excalibur dehydrator because the trays are large. You can make big batches. The bigger the dehydrator, the better. When placing kale chips onto the trays and into the dehydrator, you need to space each tray out. So, I recommend the 9-tray or larger so you can make large batches at a time.

Where To Buy Ingredients For These Recipes

Here are the websites/URLs where you can order these items:

Cacao powder: Navitas Naturals or Amazon

Chickpea miso (Miso Master organic): Great Eastern Sun or Amazon

Coconut aminos: Coconut Secret or Amazon

Coconut oil: Tropical Traditions or Amazon

Coconut vinegar: Coconut Secret or Amazon

Hemp seeds: Manitoba Harvest/Nutiva or Amazon

Horseradish (Annie's Organic Horseradish Mustard): www.annies.com

Karam's Garlic Sauce or Garlic Tahini Sauce: www.garlicsauce.com

Red maca root powder: Amazon

MCT oil: www.mctlean.com

Nutritional yeast: Bragg or Amazon

Organicville gluten-free sesame teriyaki sauce: Amazon

Red palm oil: Swanson, www.swansonvitamins.com

Spirulina pacifica powder: Nutrex-Hawaii or Amazon

Turmeric: Jiva Organics or Amazon (or fresh organic from your local grocer)

Wright's Liquid Smoke: Wright's Liquid Smoke or Amazon

Yellow Miso: Trader Joe's

Is Kale Toxic?

There has been some worry about high levels of thallium (a heavy metal) in kale. Thallium is found in small amounts in soil and minerals, according to Centers for Disease Control and Prevention. Kale and other dark leafy vegetables can absorb trace amounts of thallium from the soil, but other vegetables can also absorb other heavy metals. The point here is that the soil is the issue. Know where your vegetables come from. Know your farmers. Eat local foods, and enjoy foods at their seasonal peak. Kale is a superfood; but like anything else, don't overdo eating it. Too much of anything is not good for the body.

DISCLAIMER

We're not saying that these recipes will heal you, and the information we offer is not intended to be a substitute for the medical advice of a licensed practitioner. It is important to regularly consult a licensed practitioner in matters relating to your health, particularly with respect to any symptoms that may require diagnosis or medical attention.

Applewood Smoky Kale Chips

Ingredients:

2 large heads of organic curly kale
1 organic red bell pepper chopped
1/2 cup extra virgin unrefined coconut oil
2 tablespoons MCT oil
1 tablespoon coconut vinegar
3 tablespoons Wright's Liquid Smoke "Applewood"
1 tablespoon ground turmeric root
1/8 cup fresh organic tarragon
3 fresh organic garlic cloves peeled and chopped
Optional: 1/2 cup nutritional yeast (for a cheesier flavor)
Sea salt to taste

Process:

Take your kale off the stems in medium pieces. Rinse pieces, pat dry with a paper towel, and place in a large mixing bowl. Set aside.

Mix remaining ingredients in your food processor and blend until you have a smooth sauce.

Pour your sauce over kale leaves and massage in aggressively with your hands for 3-5 minutes.

Spread kale leaves evenly on 2-3 dehydrator trays lined with parchment paper. Dehydrate at 105 degrees F for 10-12 hours or until they are crispy chips.

Sprinkle with sea salt to taste.

Asian Kale Chips

Ingredients:

- 2 large heads of organic curly kale
- 1 organic red bell pepper chopped
- 1 cup raw sprouted almonds
- 2 teaspoons coconut aminos
- 1 tablespoon coconut vinegar
- 2 tablespoons chickpea miso/mild yellow miso
- 1 teaspoon fish sauce
- 2 tablespoons Organicville gluten-free sesame teriyaki sauce
- 3 fresh organic garlic cloves peeled and chopped
- 1 inch fresh organic ginger peeled and chopped
- Cayenne pepper to taste
- Sea salt to taste
- 1/3 cup of organic sesame seeds (fold in at the end)

Process:

Follow the guidelines in the front pages for sprouting your almonds.

Take your kale off the stems in medium pieces. Rinse pieces, pat dry with a paper towel, and place in a large mixing bowl. Set aside.

Blend your almonds in the food processor until ground. Then add your remaining ingredients (except for sesame seeds) and blend until sauce is smooth. Mix in your sesame seeds last with a wooden spoon (processor is on off and lid is off).

Pour your sauce over kale leaves and massage in aggressively with your hands for 3-5 minutes, really squeezing the kale. Sprinkle on the sesame seeds and fold in with your hands.

Lay the kale leaves evenly on 2-3 dehydrator trays lined with parchment paper and dehydrate at 105 degrees F for 10-12 hours or until they are crispy chips.

Sprinkle with sea salt to taste.

Basil Pesto Dinosaur Kale Chips

Ingredients:

2 large heads of organic dinosaur kale
1 organic red bell pepper chopped
1/3 cup sprouted sunflower seeds
1/2 cup extra virgin unrefined coconut oil
4 tablespoons basil pesto
Juice of 1 organic lemon
Optional: 1/2 cup nutritional yeast (for a cheesy flavor)
Sea salt to taste

Process:

Follow the guidelines in the front pages for sprouting your sunflower seeds. Do this ahead of time. It is a good idea to sprout and dehydrate a batch at a time so you always have them on hand for your raw food recipes!

Take your kale off the stems and break them into medium pieces. Rinse pieces well and lightly dry with a paper towel. Set aside in a large mixing bowl.

Blend sunflower seeds in the food processor until ground. Then add remaining ingredients and blend until you have a smooth sauce.

Pour your sauce over your kale leaves and massage in aggressively with your hands for 3-5 minutes. This breaks the cellulose structure down so that it is easier to digest.

Lay the kale leaves evenly on 2-3 dehydrator trays lined with parchment paper and dehydrate at 105 degrees F for 10-12 hours or until they are crispy chips.

Sprinkle with sea salt to taste.

Cheesy Dill Kale Chips

This sauce is SO good that it can be used as a salad dressing or a dip for veggies/gluten-free crackers.

Ingredients:

2 heads of organic curly kale
1 organic red bell pepper chopped
1/3 cup extra virgin unrefined coconut oil
1/2 teaspoon coconut aminos
1 tablespoon coconut vinegar
1 tablespoon Karam's garlic tahini sauce (contains olive oil, lemon, garlic, and sunflower seeds)
Juice of 1/2 an organic lime
1 teaspoon ground turmeric
1/2 cup fresh organic dill
Optional: 1/2 cup nutritional yeast (for cheesy flavor)
Sea salt to taste

Process:

Take kale off the stems in medium pieces. Rinse pieces and pat dry with a paper towel, then place in a large mixing bowl. Set aside.

Blend your other ingredients, making sure to scrape down the sides of your food processor a few times.

Pour your sauce over your curly kale and massage in well with your hands for up to 5 minutes, really squeezing firmly to break down the cellulose structure of the kale (makes it more digestible and marinates the kale!).

Place the kale leaves evenly on 2 dehydrator trays lined with parchment paper and dehydrate for 10-12 hours at 105 degrees F or until they are crispy chips.

Sprinkle with sea salt to taste.

Cocoa Kale Chips

Ingredients:

- 1 large head of curly purple kale
- 1 cup soaked Brazil nuts
- 2 1/2 ripe bananas
- 4 soaked and pitted dates
- 1/2 cup extra virgin unrefined coconut oil
- 1 tablespoon Madagascar vanilla
- 3 tablespoons raw cacao/carob powder
- Dash of cinnamon
- Optional: Natural sweetener to taste

Process:

Follow the guidelines in the front pages for soaking your Brazil nuts and dates.

Take the kale off the stems in medium pieces and rinse well. Pat pieces dry and place in a large mixing bowl. Set aside.

Blend your soaked brazil nuts until ground. Then add your sunflower seeds and mix until ground. Add your remaining ingredients and blend until smooth. Taste the batter. Add natural sweetener as needed for taste.

Pour your sauce over your curly kale leaves and massage in aggressively with your hands for 3-5 minutes until well incorporated.

Place your kale leaves on 2-3 trays lined with parchment paper. Dehydrate at 105 degrees F for 10-12 hours or until they are crispy chips.

French Onion Soup Kale Chips

Ingredients:

- 2 large heads of organic curly kale
- 1 organic orange bell pepper chopped
- 1 organic yellow onion chopped
- 1 cup raw cashews
- 1/2 cup extra virgin unrefined coconut oil
- 1 tablespoon yellow miso
- 1 sprig of fresh thyme
- 2 teaspoons ground turmeric
- 3 fresh organic garlic cloves peeled and chopped
- Optional: 1/2 cup nutritional yeast (for a cheesier flavor)
- Sea salt to taste

Process:

Soak your raw cashews in filtered water for 30 minutes, then rinse well.

Take kale off the stems in medium pieces. Rinse pieces and pat dry with a paper towel. Set aside in a large mixing bowl.

Blend your cashews in the food processor. Then add other ingredients (except sea salt) and blend until smooth.

Pour your sauce over your kale leaves and aggressively massage into the kale for 3-5 minutes, squeezing the kale incorporating the sauce.

Place the kale leaves evenly onto 2-3 dehydrator trays lined with parchment paper.

Dehydrate at 105 degrees F for 10-12 hours or until chips are crispy.

Sprinkle with sea salt to taste.

Garlicky Keto Kale Chips

Ingredients:

- 2 large heads of organic curly kale
- 1 organic red bell pepper chopped
- 1/4 cup sprouted sunflower seeds
- 1/2 cup extra virgin unrefined coconut oil
- 1 tablespoon MCT oil
- 1 tablespoon coconut vinegar
- 1/4 cup fresh basil leaves
- 3-4 fresh organic garlic cloves peeled and chopped
- Dash of white pepper
- Sea salt to taste

Process:

Follow the guidelines in the front pages for sprouting your sunflower seeds.

Take your kale off the stems in medium pieces. Rinse pieces well and pat dry with a paper towel. Set aside in a large mixing bowl.

Blend your sunflower seeds in your food processor until ground. Then add your remaining ingredients (except sea salt) and blend until smooth.

Pour your sauce over your kale leaves and massage in aggressively with your hands for 3-5 minutes. Evenly lay your kale leaves on 2-3 dehydrator trays lined with parchment paper.

Dehydrate your kale leaves at 105 degrees F for 10-12 hours or until they are crispy chips.

Sprinkle with sea salt to taste.

Ginger Parsley Kale Chips

Ingredients:

- 2 large heads of organic curly kale
- 1 organic red bell pepper chopped
- 1/3 cup sprouted sunflower seeds
- 1/2 cup extra virgin unrefined coconut oil
- 1 tablespoon coconut vinegar
- 1/4 cup fresh organic parsley packed
- 1 inch fresh organic ginger peeled and chopped
- 3 fresh organic garlic cloves peeled and chopped
- Optional: 1/3 cup nutritional yeast (for a cheesy flavor)
- Sea salt to taste

Process:

Follow the guidelines in the front pages for sprouting your sunflower seeds.

Take your kale off the stems in medium pieces, rinse, and pat dry. Set aside in a large mixing bowl.

Blend your sunflower seeds in your food processor until ground. Then add your remaining ingredients and blend until smooth.

Pour your sauce over your curly kale leaves and massage in aggressively with your hands for 3-5 minutes, really squeezing the kale to break it down.

Evenly lay your kale leaves on 2-3 dehydrator trays lined with parchment paper. Dehydrate leaves at 105 degrees F for 10-12 hours or until they are crispy chips.

Sprinkle with sea salt to taste.

Herby Kale Chips

Ingredients:

- 2 large heads of organic curly kale
- 1 organic red bell pepper chopped
- 1 cup raw cashews
- 1/2 cup extra virgin unrefined coconut oil
- 2 teaspoons coconut aminos
- 1 tablespoon coconut vinegar
- 3 tablespoons Karam's Garlic Sauce
- 1 handful fresh organic dill
- 1 handful fresh organic parsley
- 1/4 cup fresh organic cilantro
- Optional: 1/2 cup nutritional yeast (for cheesy flavor)
- Sea salt to taste

Process:

Soak your cashews in filtered water for 30 minutes, then rinse well.

Take your kale off the stems in medium pieces. Rinse pieces well, pat dry, and set aside in a large mixing bowl.

Blend your cashews in your food processor until smooth. Add your remaining ingredients and blend until sauce is smooth, making sure to stop and scrape down the sides of the food processor to ensure that all ingredients are blended well.

Pour your sauce over your kale leaves and aggressively massage in well with your hands for 3-5 minutes, really squeezing the kale.

Place your kale leaves evenly on 2-3 dehydrator trays lined with parchment paper.

Dehydrate leaves at 105 degrees F for 10-12 hours or until they are crispy chips.

Sprinkle with sea salt to taste.

Horseradish Kale Chips

Ingredients:

2 large heads of organic curly kale
1 organic red bell pepper chopped
2 organic carrots chopped and peeled
1 cup raw cashews
1/3 cup extra virgin unrefined coconut oil
1 teaspoon coconut aminos
1 tablespoon coconut vinegar
4-5 tablespoons horseradish
3 fresh organic garlic cloves peeled and chopped
Optional: 3-4 tablespoons nutritional yeast (for extra cheesy flavor)
Sea salt to taste

Process:

Soak your cashews in filtered water for 30 minutes, then rinse well.

Take your curly kale off the stems in medium pieces. Rinse pieces well and pat dry with a paper towel. Set aside in a large mixing bowl.

Blend remaining ingredients, starting with your cashews, until smooth. Scrape down the sides of your food processor a few times in between blending ingredients to ensure that all ingredients are blended well.

Pour your batter over your curly kale leaves and aggressively massage in with your hands for 3-5 minutes, really squeezing the kale. This will marinate the kale and break down the cellulose bonds to make the kale easier to digest.

Spread your kale leaves evenly on 2 dehydrator trays lined with parchment paper. Dehydrate leaves at 105 degrees F for 10-12 hours or until they are crispy chips.

Sprinkle with sea salt to taste.

Indian Curry Kale Chips

Ingredients:

2 large heads of curly kale
1 cup raw cashews
1/2 cup extra virgin unrefined coconut oil
1 tablespoon coconut vinegar
1 teaspoon coconut aminos
2 tablespoons chickpea miso
1/2 teaspoon onion powder
2 tablespoons ground curry
2 teaspoons ground cumin
1/4 cup fresh tarragon leaves off stems
3 fresh garlic cloves peeled and chopped
1/8 cup unsweetened coconut milk as needed
Optional: 1/3 cup nutritional yeast (for cheesy flavor)
Sea salt to taste

Process:

Soak your cashews in filtered water for 30 minutes, then rinse well.

Take kale off the stems in medium pieces. Rinse pieces, pat dry, and place in a medium-sized mixing bowl. Set aside.

Blend your buckwheat groats in the food processor until powder-like. Then add your cashews and blend until well ground.

Add your remaining ingredients (except the coconut milk) and blend until smooth. The sauce may get clumpy. If it does, slowly add the coconut milk until your sauce begins to thin out to the consistency of pancake batter.

Pour your sauce over your kale leaves and massage in aggressively for 3-5 minutes, really squeezing the kale.

Place your kale leaves evenly onto 2-3 dehydrator trays lined with parchment paper.

Dehydrate your kale leaves at 105 degrees F for 10-12 hours or until they are crispy chips.

Sprinkle with sea salt to taste.

Keto Salty Coconut Kale Chips

AIP (auto-immune paleo) Friendly

This recipe does not include nuts, seeds, or night shades. It is safe in moderation for those on a ketogenic nutritional plan due to its high-fat, low-carb ingredients.

Ingredients:

2 large heads of organic curly kale
1/2 cup extra virgin unrefined coconut oil
2 tablespoons MCT oil
1/2 tablespoon coconut vinegar
3 dashes of coconut aminos
Sea salt to taste

Process:

Take kale off stems in medium pieces. Wash thoroughly in filtered water and pat dry. Place in a large mixing bowl and set aside.

Blend remaining ingredients until smooth.

Pour over your kale leaves and massage in aggressively with your hands for a few minutes until well incorporated.

Place your kale leaves evenly on dehydrator trays lined with parchment paper.

Dehydrate your kale leaves at 105 degrees F for 10-12 hours or until they are crispy chips.

Sprinkle with a little of your favorite sea salt to taste.

Lemon Poppy Seed Kale Chips

Ingredients:

- 1 large head of purple curly kale
- 2 1/2 ripe bananas
- 4 soaked and pitted dates
- 1/3 cup extra virgin unrefined coconut oil
- 1 tablespoon vanilla extract
- 2 tsp lemon extract
- Juice of 1 organic lemon
- Zest of 1/2 organic lemon
- 1 teaspoon cinnamon
- 1 teaspoon red maca powder
- 1/4 cup poppy seeds

Process:

Follow the guidelines in the front pages for soaking dates.

Take kale off the stems in medium pieces. Rinse pieces and pat dry. Set aside in a large mixing bowl.

Combine remaining ingredients (except poppy seeds) and blend until smooth. Fold in 1/3 cup poppy seeds and mix.

Pour mixture over kale leaves and massage in aggressively with your hands for 3 minutes or so.

Spread your kale leaves evenly onto 2 dehydrator trays lined with parchment paper. Dehydrate at 105 degrees F for 10-12 hours or until they are crispy chips.

Macadamia Nut Dill Kale Chips

Ingredients:

2 large heads of organic curly kale
1 organic red bell pepper chopped
1 cup raw macadamia nuts
1/2 cup extra virgin unrefined coconut oil
1/2 teaspoon coconut aminos
1 tablespoon garlic tahini sauce
Juice of 1/2 a lime
1/2 cup fresh dill
Optional: 1/2 cup nutritional yeast (for a cheesy taste)
Sea salt to taste

Process:

Follow the guidelines in the front pages for soaking macadamia nuts.

Take kale off the stems in medium pieces. Rinse pieces, pat dry with a paper towel, and place in a large mixing bowl. Set aside.

Blend your macadamia nuts in your food processor until smooth. Add your remaining ingredients and blend until sauce is smooth, making sure to stop and scrape down the sides of the food processor to ensure that all ingredients are blended well.

Pour over curly kale and dinosaur kale leaves and massage aggressively into leaves with your hands for 2-3 minutes.

Spread kale leaves evenly onto 2 dehydrator trays lined with parchment paper. Dehydrate at 105 degrees F for 10-12 hours or until they are crispy chips.

Sprinkle with sea salt to taste.

Magnesium Boost Kale Chips

Ingredients:

2 large heads of organic curly kale
1 organic red bell pepper chopped
1 cup sprouted pumpkin seeds
1/2 cup softened extra virgin unrefined coconut oil
2 tablespoons coconut aminos
1 tablespoon apple cider vinegar
2 tablespoons chickpea miso/yellow miso
Optional: 1 cup nutritional yeast (for cheesy flavor)
Sea salt to taste

Process:

Follow the guidelines in the front pages for sprouting raw pumpkin seeds.

Take kale off the stems in medium pieces. Rinse pieces well and pat dry with a paper towel. Set aside in a large mixing bowl.

Blend your pumpkin seeds in your food processor until ground. Add remaining ingredients and blend until smooth.

Pour your sauce over the kale leaves and massage in aggressively with your hands for 3-5 minutes. Really squeeze the sauce into the kale.

Place kale leaves evenly on 2-3 dehydrator trays lined with parchment paper.

Dehydrate your kale leaves at 105 degrees F for 10-12 hours or until they are crispy chips.

Sprinkle with sea salt to taste.

Miso Cilantro Kale Chips

Ingredients:

- 2 heads of organic curly kale
- 1 organic red bell pepper chopped
- 1 cup raw cashews
- 1/2 cup extra virgin unrefined coconut oil
- 1 teaspoon coconut aminos
- 1 tablespoon coconut vinegar
- 2 tablespoons chickpea miso/yellow miso - optional
- 1 inch fresh organic ginger peeled and chopped
- 1 cup fresh organic cilantro
- Optional: 1/2 cup nutritional yeast (adds a cheesy flavor)
- Sea salt to taste

Process:

Follow the guidelines in the front pages for soaking cashews.

Take your kale off the stems in medium pieces. Rinse pieces, pat dry, and place in a large mixing bowl. Set aside.

Blend cashews in your food processor until smooth. Add remaining ingredients and blend until smooth.

Pour your sauce over the kale leaves and aggressively massage in well with your hands for 3-5 minutes.

Place kale leaves evenly onto 2-3 dehydrator trays lined with parchment paper.

Dehydrate your leaves at 105 degrees F for 10-12 hours or until they are crispy chips.

Sprinkle with sea salt to taste.

Pizza Kale Chips

Ingredients:

2 large heads of organic curly kale
1 organic red bell pepper chopped
1/3 cup sprouted pumpkin seeds
1/3 cup extra virgin unrefined coconut oil
4 tablespoons sun-dried tomato basil pesto
1 tablespoon coconut vinegar
Juice of 1 lemon
1/4 cup organic fresh parsley chopped
2 fresh organic garlic cloves peeled and chopped
Optional: 1/2 cup nutritional yeast (for a cheesy flavor)
Sea salt to taste

Process:

Follow the guidelines in the front pages for sprouting raw pumpkin seeds.

Take kale off the stems in medium pieces. Rinse pieces and pat dry with a paper towel. Set aside in a large mixing bowl.

Blend your pumpkin seeds in your processor until ground. Then add your other ingredients and blend until smooth.

Pour your sauce over your kale leaves and massage in aggressively with your hands for 3-5 minutes.

Lay your kale leaves evenly on 2–3 dehydrator trays lined with parchment paper.

Dehydrate your kale leaves at 105 degrees F for 10-12 hours or until they are crispy chips.

Sprinkle with sea salt to taste.

Sea Salt & Vinegar Detox Kale Chips

Ingredients:

2 large heads of curly kale
1/2 cup raw cashews
2/3 cup extra virgin unrefined coconut oil
1/2 cup coconut vinegar
1 teaspoon spirulina
1 handful fresh organic dill
Sea salt to taste

Process:

Follow the guidelines in the front pages for soaking cashews.

Take your kale off the stems in medium pieces. Rinse pieces well, pat dry with a paper towel, then set aside in a large mixing bowl.

Blend your cashews in your food processor until ground, then add remaining ingredients and blend until sauce is smooth.

Pour your sauce over your kale leaves and aggressively massage the sauce into the kale leaves with your hands for 3-5 minutes.

Spread your kale leaves evenly on 2-3 dehydrator trays lined with parchment paper.

Dehydrate your kale leaves at 105 degrees F for 10-12 hours or until they are crispy chips.

Sprinkle with sea salt to taste.

Smoky Bbq Kale Chips

Ingredients:

- 2 large heads of organic curly kale
- 1 organic red bell pepper chopped
- 1 large organic carrot (or 2 medium carrots) peeled and chopped
- 1/2 cup sprouted sunflower seeds
- 1/3 cup extra virgin unrefined coconut oil
- 1 teaspoon coconut aminos
- 2 tablespoons coconut vinegar
- 3 tablespoons Wright's Liquid Smoke "Mesquite"
- 1 inch fresh organic ginger peeled and chopped
- Optional: 1/4 cup nutritional yeast (adds a cheesy flavor)
- Sea salt to taste

Process:

Follow the guidelines in the front pages for sprouting your sunflower seeds.

Take curly kale off stems in medium to small pieces and rinse them well in a colander. Dry off excess water with a paper towel. Set pieces aside in a large mixing bowl (you may need 2 bowls).

Blend sunflower seeds in your food processor until ground. Add the remaining ingredients and blend until you have a smooth sauce.

Pour the sauce over your curly kale leaves and massage in aggressively with your hands for 3-5 minutes, really squeezing the kale to break it down.

Place your kale evenly on 2-3 dehydrator trays lined with parchment paper. (The number of trays depends on the model of your dehydrator. Use as many trays as needed to spread kale leaves evenly across, but it doesn't have to be perfect. Pile them on, then spread them around).

Dehydrate your kale leaves at 105 degrees F for 10-12 hours or until they are crispy chips!

Sprinkle with sea salt to taste.

Southwestern Kale Chips

Ingredients:

2 large heads of organic curly kale
1 organic red bell pepper chopped
1/2 cup raw cashews
1/2 cup softened extra virgin unrefined coconut oil
1 tablespoon apple cider vinegar
1 tablespoon coconut aminos
2 tablespoons chickpea miso
1/4 teaspoon spirulina
Optional: 1/2 cup nutritional yeast (for cheesy flavor)
Cayenne pepper to taste
Sea salt to taste

Process:

Take your kale off the stems in medium pieces. Rinse pieces and pat dry. Set aside in a large mixing bowl.

Blend your remaining ingredients in your food processor until smooth, starting with the cashews. Blend until smooth. Add cayenne pepper to taste before pouring onto your kale leaves.

Pour your sauce over your kale leaves and massage in aggressively for a few minutes, really squeezing the kale and incorporating the sauce.

Place your kale leaves evenly onto 2 dehydrator trays lined with parchment paper.

Dehydrate your kale leaves at 105 degrees F for 10-12 hours or until they are crispy chips.

Sprinkle with sea salt to taste.

Superfood Kale Chips

Ingredients:

- 2 large heads of organic curly kale
- 1 organic red bell pepper chopped
- 1/2 cup sprouted sunflower seeds
- 1/2 cup softened extra virgin unrefined coconut oil
- 3 tablespoons red palm oil
- 2 tablespoons coconut vinegar
- 1/4 teaspoon spirulina
- 1 teaspoon camu camu powder
- Sea salt to taste
- 1/2 cup raw hemp seeds (fold in last)

Process:

Follow the guidelines in the front pages for sprouting sunflower seeds.

Take kale off the stems in medium pieces. Wash pieces, pat dry, and place in a large mixing bowl. Set aside.

Blend your sunflower seeds in the food processor until ground. Then add remaining ingredients and blend until smooth.

Pour your sauce over your kale leaves and massage in aggressively with your hands. Fold in your hemp seeds and massage into your kale leaves until well incorporated.

Place your kale leaves evenly onto 2-3 dehydrator trays lined with parchment paper.

Dehydrate your kale leaves at 105 degrees F for 10-12 hours or until they are crispy chips.

Sprinkle with sea salt to taste.

Tomato Basil Walnut Kale Chips

Ingredients:

2 large heads of organic curly kale
1 organic red bell pepper chopped
1 cup organic sprouted walnuts
1/2 cup extra virgin unrefined coconut oil
2 tablespoons sun-dried tomato basil pesto
Optional: 1/3 cup nutritional yeast (for cheesy flavor)
Sea salt to taste

Process:

Follow the guidelines in the front pages for sprouting walnuts.

Take the kale off the stems in medium pieces. Rinse pieces well, pat dry, and place them in a large mixing bowl. Set aside.

Blend your walnuts in the food processor until ground. Then add your remaining ingredients and blend until sauce is smooth.

Pour your sauce over kale leaves and massage in aggressively with your hands for 3-5 minutes until well covered and marinated.

Spread your kale leaves evenly onto 2-3 dehydrator trays lined with parchment paper.

Dehydrate your kale leaves at 105 degrees F for 10-12 hours or until they are crispy chips.

Sprinkle with sea salt to taste.

Tomato Soup Kale Chips

Ingredients:

2 heads of organic curly kale
1/2 organic red bell pepper
1 cup organic reduced sodium tomato soup
1/3 cup extra virgin unrefined coconut oil
1 teaspoon coconut aminos
1 teaspoon ground cumin
1 handful fresh organic dill weed
A few dashes of cayenne pepper
1 inch fresh organic ginger peeled and chopped
3 fresh organic garlic cloves peeled and chopped
Optional: 1/3 cup nutritional yeast (for a cheesier taste)
Sea salt to taste

Process:

Take your kale off the stems in medium pieces. Rinse thoroughly, pat dry, and set aside in a large mixing bowl.

Mix all ingredients and blend until smooth.

Pour sauce over kale leaves and massage in aggressively for a few minutes, squeezing the kale. Spread leaves evenly on 2-3 dehydrator trays lined with parchment paper.

Dehydrate at 105 degrees F for 10-12 hours or until chips are crispy.

Add sea salt to taste!

Bonus Recipes

I have included bonus recipes for you. Enjoy!

Cinnamon Vanilla Pecan Mylk (delicious drink)

Lemon Cheesecake Coconut Cream (ice cream inspiration)

Raw Sweet Bread (tasty combination)

Please refer to my Raw Breads e-book for more delicious, raw, nutrient-sense breads!

Cinnamon Vanilla Pecan Mylk

A raw, dairy-free, soy-free, sugar-free, grain-free milk alternative. Food enzymes preserved! Paleo friendly.

Ingredients:

- 1 cup organic raw pecans
- 4 cups filtered water
- 1 tablespoon Madagascar vanilla
- 1 teaspoon ground cinnamon
- Dash of ground cloves
- Dash of nutmeg
- Dash of sea salt

Process:

Soak your pecans for a minimum of 6 hours in filtered water. Drain the water, rinse well.

Blend your pecans with the rest of your ingredients in a high-speed blender for 15 seconds or until smooth.

Pour your mylk through a cheesecloth into a mason jar, squeezing the contents to make sure you get most of the nut mylk out of the bag. Discard the pulp (or save it to make raw crackers).

Store in a sealed glass container in the fridge for up to 7 days.

Lemon Cheesecake Coconut Cream

My version of paleo ice cream. This is low carb, sugar-free, dairy-free, gluten-free, soy-free, and raw. It is full of MCTs (medium-chain triglycerides), which are great for a fat-burning metabolism!

Ingredients:

1 can full-fat coconut milk BPA-free, no thickening additives
1/2 cup organic raw cashews
1 cup pecans
Juice of 1/2 organic lemon
1 teaspoon lemon extract
Zest of 1 lemon (grated)
1 teaspoon vanilla extract
Dash of sea salt
Optional: Natural sweetener to taste

Process:

Refrigerate your can of coconut milk overnight. Flip over, open, and drain the liquid. Scoop out the cream.

Soak your cashews in filtered water for 2 hours. Drain the water, rinse well. Blend your cashews until fairly smooth. Add your coconut cream and blend again until smooth.

Add your remaining ingredients. Blend again.

Pour your mixture into your ice cream maker following the instructions and blend until desired consistency is reached.

Meanwhile, put pecans in a frying pan with coconut oil/ghee butter and fry until golden brown.

Serve your ice cream into 2-3 dessert dishes, place grated lemon zest on top, and add your “battered” pecans to garnish.

Store in a sealed glass container in the fridge for up to 3 weeks.

Raw Sweet Bread

This bread is gluten-free, dairy-free, grain-free, non-GMO, raw, and nutrient-dense. Fresh mint is great for digestion. This bread supports a healthy gut metabolism.

Ingredients:

- 4 large handfuls organic baby spinach
- 15 raw Brazil nuts
- 1 ripe banana
- 4 pitted and soaked dates
- 1 tablespoon raw local honey
- 2 tablespoons extra virgin unrefined coconut oil
- 1/4 cup unsweetened almond milk
- 1 teaspoon ground cinnamon
- 5 organic mint leaves (not packed)
- Dash of ground cloves
- Dash of sea salt
- 1/4 cup ground golden flaxseed
- 1/2 cup unsweetened cranberries

Process:

Soak your Brazil nuts overnight. Rinse your greens in filtered water and pat dry. Set aside.

Blend Brazil nuts in your food processor, adding almond milk slowly until smooth.

Add remaining ingredients (not the cranberries or flaxseed), making sure to stop the processor, blend, scrape down the sides, and continue to blend until your mixture is a pancake mix consistency. Add a little more almond milk if your mixture is too thick.

Fold in cranberries and flaxseed. Mix in well and let the batter sit for 10 minutes.

Pour your batter onto 2 dehydrator trays lined with parchment paper and spread out evenly with a spatula or the head of a large metal spoon.

Dehydrate your bread at 105 degrees F for 8-10 hours, or until top is dry. Flip over, peel off parchment paper, and dehydrate 1-2 hours more or until your bread is fully dry but still pliable.

Store in a sealed glass container in the fridge for 7-10 days or freeze!