

Raw Vegan Dehydrated Tomato Pesto Vegetable Leaf Chips



- | | |
|--|--|
| <ul style="list-style-type: none"> • 8 firmly packed cups of vegetable leaves - curly kale, spinach, chard, collard greens, beet leaves, sorrell, arugula, or cabbage (dehydrate longer) • 1 cup raw cashews or walnuts soaked in filtered water for 2 – 4 hours • ¼ cup nutritional yeast • 2 cups sun dried tomatoes or 4 tomatoes • 1 red bell pepper seeded & chopped or dried peppers • 1 large jalapeno or 1 tsp cayenne pepper • 1 ½ Cups cilantro | <ul style="list-style-type: none"> • 1 stalk of celery • 1 carrot • 1/4 cup cold pressed extra virgin olive oil or coconut oil • 2 Tbsp minced fresh garlic • 2 tsp Italian seasoning (equal parts of basil, marjoram, oregano, rosemary, thyme) • 2 tsp fresh lemon juice • ½ C sour kraut (optional) • 1 1/2 tsp Celtic sea salt |
|--|--|

1. Wash vegetable leaves and place in a colander to drain. (May cut kale leaves off stalks and use stalks for juicing or feeding to animals, or may cut stalk down center and dehydrate longer.)
2. Blend all the ingredients except leaves in your food processor until smooth, thick and creamy. You want something like the consistency of hummus.
3. Tweak flavour. You might want some more salt or lemon juice to get your blend right.
4. Brush blended mixture onto one side of the kale or vegetable leaves.
5. Place the kale or vegetable leafs evenly on dehydrator sheets and dehydrate at 115 degrees for about 8 hours until crisp or longer for thick vegetables like cabbage. Temperatures over 118°F will destroy enzymes.
6. Devour.....and TRY stopping at one! These kale chips are morish.....yes.....I want more!

Raw Vegan Garlic Kale Chips



- | |
|---|
| <ul style="list-style-type: none"> • 1 large bunch of curly green kale—about 8 firmly packed cups • 1 cup raw cashews soaked in filtered water for 2 – 4 hours • 1/8 cup filtered water as needed for desired consistency • 3 Tbsp freshly squeezed lemon juice • 1/4 cup nutritional yeast to taste • 1 whole bulb of garlic (about 8-10 cloves) chopped roughly • 1 tsp Celtic sea salt • 1 Tbsp agave nectar (optional) • 4 teaspoons granulated garlic |
|---|

1. Rip the kale from off the stalks (discard the stalks), wash and place in a colander to drain. You want a little bit of water left on the kale.
2. Transfer to a large bowl.
3. Place all the ingredients except the granulated garlic in a food processor until smooth, thick and creamy. You want something like the consistency of hummus. You might need to add a little bit more water.
4. Take small handfuls of the cashew cheese and massage into the kale. I use kitchen gloves for this. Repeat this until all of the mixture has been added and the kale is evenly coated with no large clumps of “cheese”.
5. Toss through the granulated garlic so that it is evenly distributed.
6. Place the kale evenly on dehydrator sheets and dehydrate at 115 degrees for about 8 hours until crisp.