

# Herbal Legacy Recipes

## Spicy BBQ Kale Chips

Recipe from [therawchef.com](http://therawchef.com)

### INGREDIENTS:

- 1 head organic kale, torn
- 2 chipotle chilis, soaked
- 1/2 cup soaking water from chipotle chilis
- 2 tablespoons olive oil
- 3 tablespoons nama shoyu/tamari
- 2 tablespoons apple cider vinegar
- 1 teaspoon paprika
- 2 teaspoons cumin
- 1 teaspoon garlic powder
- Pinch cayenne
- 1 cup sun-dried tomatoes
- 1 cup soft dates



### DIRECTIONS:

1. Blend all ingredients (except for the kale) in a high-speed blender until smooth.
2. Thoroughly combine the kale and sauce in a bowl until all the kale is coated.
3. Evenly scatter the kale on a non-stick dehydrator sheet in a way that will allow the air to circulate around it.
4. Dehydrate at 105 degrees F for around 10 hours. Remove from the non-stick sheet, transferring to a mesh sheet and continue dehydrating until the kale is completely dried out.

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<http://www.herballegacy.com/Recipes.html>

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