

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Raw Kale Chips



### **Chips:**

4-6 bunches kale, washed and then ripped into bite-sized pieces

### **Coating:**

1 cup raw tahini

1/2 cup tamari

1 cup water

1/2 cup nutritional yeast

Juice of 2 lemons

4 green onions OR 1/2 regular onion OR 1 tsp. onion powder

2 cloves garlic

1/2 cup raw apple cider vinegar

Blend coating ingredients together well, then pour over and massage into kale pieces (especially curls). Dehydrate on 105 until crispy, usually around 24 hours.

*Recipe taken from GreenSmoothieGirl.com Readers' Favorite Healthy Recipes Volume 1 edited by Robyn Openshaw; recipe from Jackie King.*