

# 16 Favorite Kale Chip Recipes

from **Zippy** to **Cheezy** to **Smoky**  
with instructions for the dehydrator and oven

by Terri Ward, NTP

No gluten, dairy or sugar







## HOW TO MAKE KALE CHIPS

**Some of the attached recipes do not have nuts and/or do not need to be blended in the food processors. For the recipes marked with an asterisk (\*) whisk the ingredients together in the large mixing bowl before adding the kale and skip first steps.**

**Soak nuts and/or seeds in enough filtered water to cover them 1-2" for 2-4 hours (no longer than overnight) to reduce enzyme inhibitors and phytic acid (anti-nutrients) and make them more digestible. Drain and discard the soaking water. If you just can't wait 2-4 hours, you can either**

- 1) Soak them in hot, but not boiling water, for an hour and drain or;**
- 2) Add 3 T of water per cup of nuts when adding the blended seasonings in order to compensate for the water retained by the nuts after soaking and draining.**

**Wash, de-stem and cut 1 large or 2 small bunches of kale into large pieces. I like to make them about 2½ to 3" to allow for shrinkage because I prefer chips to crumbs ;-)**

**So that the seasonings will stick to the kale better, pat the kale leaves dry to remove any excess moisture; place in a large mixing bowl.**

**Blend your choice of seasoning blends (from the next pages or your creation) in a high-speed blender or food processor until well combined. The sauce should be thick like paste. Add filtered water one spoonful at a time as needed for blending.**

**Dump the blended seasonings into the bowl with the kale and massage with your hands until the kale is thoroughly coated.**

**To dehydrate: Spread the kale out on Teflex dehydrator sheets or parchment paper lined racks and dehydrate 5-8 hours overnight at 115°F.**

**To oven bake: Preheat the oven to 300°F. Arrange in a single, no overlap layer on parchment-lined or greased baking sheets and bake, turning every 12-15 minutes, removing each chip as it get crispy and light brown. Total time may vary from 30 and 45 minutes.**



# KALE CHIP SEASONINGS

## Chipotle-Pepper

- 2 c raw cashews
- 1/2 red bell pepper
- Juice of 1 lemon
- 6 T nutritional yeast
- 2 t chipotle chili powder
- 1 1/4 c filtered water

## Twister

- 1 c raw cashews
- 1 bunch of kale
- 1/8 – 1/4 cup water
- 1 T apple cider vinegar
- 1 T nutritional yeast
- 1 t dried parsley
- 1/4 t garlic powder
- 1/4 t dried dill
- 1/4 t onion powder
- 1/4 t ground black pepper
- 1/4 t sea salt
- 1/4 red onion, chopped

## For sprinkling

- Paprika
- Extra sea salt

## Smoky Mountain

- 1 T olive oil
- 1 t smoked paprika
- 1/4 t sea salt

## Lip-smackin' BBQ

- 1/4 cup paprika
- 2 T ancho chile powder
- 2 T coconut sugar (or brown sugar if you must ☹️)
- 1 T garlic powder
- 1 T salt
- 1/2 t dry mustard

## Comfort Medley

- 1 c fennel bulb, chopped
- 1 small red bell pepper, seeded and chopped
- 1 c sunflower seeds
- 1/2 c cashews
- 1 orange, peeled and sectioned
- 1/4 to 1/3 c water
- 1/2 c freshly squeezed orange juice
- 2 T freshly squeezed lemon juice
- 1/4 t garlic powder
- 1/2 t onion powder
- 1 t fennel seeds
- 1/2 t thyme
- 2 T grade B maple syrup or raw honey
- Dash cayenne or to taste
- 1/2 t sea salt

## Tahini

- 1 c raw tahini
- 1 lemons squeezed
- 1 t Celtic sea salt
- 3 cloves crushed garlic

## Just Cheezy \*

- 1 teaspoon sea salt
- 3-4 T nutritional yeast
- 2 T olive oil

## Big Blast \*

- 1/2 t smoked paprika
- 1 T olive oil
- 1/2 t curry powder
- 1/4 t garlic powder
- 1/4 t onion powder
- Sea salt and pepper to taste

## Earthy

- 1 red pepper
- 2 carrots
- 1/2 c cashews or pine nuts
- 1/4 c nutritional yeast
- 1 red hot pepper
- 3 T chia seeds
- Juice of 1/2 lemon
- Water as needed



## KALE CHIP SEASONINGS

### Dilly

- 6 T sunflower seeds
- 2 T + 2 t dill weed
- 3 T nutritional yeast
- 1 T extra virgin olive oil
- Water to blend

### Pirate \*

- Sea salt to taste
- 2 T olive oil
- 1/2 - 1 t garlic powder
- Juice of half a lemon
- Pinch cumin

### Pepperika

- 1 c cashews
- 1/2 orange bell pepper
- 1/2 red bell pepper
- 1/2 juice of a lemon
- 1/2 cup of water
- 2 t chili powder
- 2 t smoked paprika
- 1/2 t garlic powder
- 1 t sea salt or to taste
- 2 heaping T nutritional yeast

### Zip-n-Zazz

- 2 c walnuts
- 1/2 c nutritional yeast
- 2 tablespoons mustard
- 2 tablespoons honey or date paste
- 1 T apple cider vinegar
- 3 T gluten-free tamari
- 2-4 garlic cloves
- 1 T gluten-free liquid smoke
- 1 t chili flakes
- 1 t paprika
- Sea salt & pepper to taste
- 1/2 cup water

### Middle Eastern

- 1/2 cup tahini
- 3/4 cup lemon juice
- 1/2 cup olive oil
- 1/2 t smoked Paprika
- 1 t thyme
- 2 T sesame seeds
- 2 T nutritional yeast
- 1 t Braggs Aminos

### Herbal Zest

- 1 cup cashews
- 1/2 bell pepper, seeded and chopped (any color)
- 1 garlic clove
- 1 shallot (or 2 T chopped onion)
- 2 T lemon juice
- 2 T nutritional yeast
- 3 T fresh parsley, chopped
- 2 T fresh dill, chopped
- 2 T chives, chopped
- 1/2 t sea salt
- 1/4 t fresh ground pepper

### Equatorial

- 3/4 c tahini
- 1/4 c coconut aminos
- 1/2 c water to thin
- 2 T lemon juice
- 1/2 t sea salt
- 2 scallions
- 1 clove garlic
- 1/4 c parsley
- Handful of cilantro
- 2 T nutritional yeast