

VEGAN CHEESY KALE CHIPS



INGREDIENTS:

- 1 bunch (1-lb) kale, destemmed and torn into pieces
- 1/4 c. tahini
- 2 tbsp. water
- 2 tbsp. lemon juice
- 2 tbsp. sunflower seeds or hemp seeds
- 2 tbsp. nutritional yeast
- 1/2 tsp. coriander
- 1/4 tsp. smoked paprika
- 1/4 tsp. salt

INSTRUCTIONS:

- Preheat oven to 275 degrees. Line 2 baking sheets with parchment paper
- Blend tahini, water, lemon juice, and sunflower/hemp seeds until smooth
- Add nutritional yeast, coriander, smoked paprika, and salt. Blend until evenly mixed
- In a large bowl, mix kale and blended mixture until kale is evenly coated
- Spread coated kale onto prepared baking sheets. Bake for 10 minutes, flip kale, then bake until crispy and slightly browned, 5 minutes
- Serve immediately



SERVES

4



PREP

3 min



COOK

20 min

NOTES