

## KALE

1. Wash each leaf thoroughly and cut off stems, (dehydrate stems and turn into powder).
2. Steam blanch optional but will significantly increases certain nutrient properties, prior to seasoning. I recommend you try both since the texture also changes.
3. Pat dry and spread on seasoning (optional)
4. Cut or tear leafs into 1 1/2-inch pieces (optional)
5. Dehydrate at 125°F for 6-12 hours (depending on type & thickness) or until crisp.

Kale chips with olive oil will take approx 12 hours.

Kale chips: toss cleaned kale with 2 TBS olive oil and sprinkle with sea salt. Variances: sprinkle with tomato powder, garlic powder, paprika or your favorite seasoning. Or coconut oil and cinnamon. Or use apple cider vinegar instead of olive oil. Serve as finger food.

For long term storage, replace the oil with a little water to make paste with other ingredients and spread onto kale.

Use Kale as an addition to a super greens powder. To re-hydrate simmer to desired tenderness. Crush them and add to salads, soups, and omelets.