

Kale Chips Recipe

1 bunch of kale (remove stems and thick center ribs)
3/4 cup of sunflower seeds
1 medium red pepper (de-seeded)
juice of a lemon (~ 2 tablespoons)
1/4 cup nutritional yeast
1 teaspoon sea salt

Preheat oven to 400 degrees.

Tear kale leaves into bite sized pieces, wash in a salad spinner, and toss into a bowl.

Blend the rest of the ingredients in a food processor and then mix the pureed coating with the kale making sure it covers the kale evenly.

Place the kale onto baking sheets lined with parchment paper.

Place in oven and bake for 10 minutes, turn over and bake another 5-10 minutes until edges are browned and kale is crispy.

(You will need to babysit your oven in these last 5-10 minutes as it will burn quickly)

Enjoy the fresh prana!