

Cheesy Kale Chips

Oscar · 28/09/2024

**Prep Time**

50 mins

Difficult

Medium

Servings

6

Description

An addictive alternative made with nutritional yeast Who would have thought that leafy green chips loaded with nutrients could be so addictive Nutritional yeast is deactivated yeast its not alive and has a slightly cheesy flavor which many vegans like to use as a cheese substitute It can be found at most health food stores and some bigchain grocery stores

Ingredients

- - 2 tablespoons extra virgin olive oil - 1 bunch curly kale
- torn - ½ cup nutritional yeast - ? teaspoon salt

Instructions

1. Preheat oven to 200 degrees F (95 degrees C). Drizzle olive oil over the kale in a large bowl and sprinkle with the nutritional yeast and salt. Stir with your hands to coat kale. Spread kale onto baking sheets. Bake in preheated oven until kale begins to get slightly crisp; rotate racks and flip the chips
2. and continue baking until completely crisp
3. 45 to 60 minutes total. Make sure to keep an eye on them to make sure they don't burn; if you notice certain chips ready much sooner than others
4. take them out. Cook's Note The best way to bake these is by using a food dehydrator
5. where you just lay them on the sheets and wait until they are nice and crispy. This way they are raw
6. meaning that none of the nutrients are lost. This method will take several hours
7. but the taste will be superior.