Dehydrated Kale Chips



Next time your craving a crispy snack, reach for Kale Chips. Kale Chips are the perfect balance of light, airy, and slightly chewy. If you're not a fan of raw kale or haven't tried it before, our recipe is the perfect introduction to kale's complex, earthy flavor. All you need is your NESCO Dehydrator. Boost your health and satisfy your appetite with these savory bite-sized morsels.

Your Key Ingredient:

NESCO Dehydrator

Grocery Ingredients:

- 6 cups kale
- 1/2 tsp salt or sea salt
- 1/4 cup oil or avocado oil

Instructions:

1. Mix all ingredients in a bowl.
2. Separate the kale on your NESCO® Dehydrator trays ensuring that it does not overlap too much.
3. Dry 6-8 hours at 135°F.
4. Store in airtight container.

Tip: Adding too much oil will make for longer drying time.