



Kale Chips with Almond Butter and Miso

The healthy fats and protein in the almond butter make this snack rich and satisfying. Eating kale is like putting a rainforest in your body. It is full of vitamins, minerals and folate which research says will boost your mood.

½ cup almond butter

¼ cup warm water

¼ cup chopped onion

3 Tb extra virgin olive oil

2 cloves garlic chopped

1 Tb white or yellow miso

1Tb nutritional yeast

1 Tb oregano

1 Tb thyme

2 tsp apple cider vinegar

2 tsp tamari

1/4 tsp turmeric

¼ tsp crushed red pepper

1 ½ lbs curly kale, dried, stems removed leaves torn into 2" medium size pieces, stems discarded

Celtic Sea Salt

Preheat oven to 200 degrees

In a blender or food processor, puree all of the ingredients except the kale and salt

Grease 3 large rimmed baking sheets with olive oil

Place kale in a bowl. Drizzle the almond butter mixture over the kale and rub each leaf to season evenly.



Arrange the kale on the sheets in an even layer and season with salt

Bake for about 1 hour 40 minutes, until the leaves are crisp

Turn the pans a few times so they all cook evenly

Let them cool and use a spatula to carefully lift the kale chips off of the baking sheets.

Serve or store in an airtight container or plastic bag.