



SPICY SPRINGTIME KALE CHIPS

Vata ↓↑*, Pitta ↓, Kapha ↓

Serves 2 / Prep time: 15 minutes / Cook time: 15 minutes

*Increases Vata in excess; avoid with any Vata imbalance

INGREDIENTS

- 1 bunch of kale, stemmed
- 2 tablespoons sunflower seeds, finely ground
- 2 teaspoons Agni Churna
- 2 tablespoons sunflower oil
- 1/2 lime, juiced
- Pinch of cayenne pepper (optional, omit for Pitta)
- Pink Himalayan salt

DIRECTIONS

1. Preheat the oven to 300 degrees.
2. Wash the kale and then use paper towels to thoroughly dry each leaf separately. If you have a salad spinner, this can be used for saving time. It is important to get the leaves completely dry for crispier chips.
3. Remove the stems from the kale and then pull apart each leaf into pieces that are roughly about 2 inches by 2 inches. Place the kale pieces in a large mixing bowl.
4. Grind up the sunflower seeds in a spice grinder or blender until a fine powder is reached.
5. Place the ground sunflower seeds, Agni Churna, sunflower oil, lime juice, and cayenne pepper (if used) into a small bowl. Stir well until a thin paste is made.
6. Drizzle the kale pieces with the sunflower oil mixture and then rub each leaf until the sauce is completely covering all of the leaves. The sauce should be evenly applied and there should be no dry spots on any portion of the kale leaves.
7. Place the kale pieces on to two cookie sheets. Make sure to flatten and separate each piece and avoid piling any on top of each other. This is very important in order to obtain crispy kale chips.
8. Sprinkle the chips very lightly with the salt. Please keep in mind that these delicate chips do not need much salt.
9. Place the two cookie sheets in the oven and set the timer for 7 minutes.

10. After the 7 minutes, rotate the cookie sheets and place the timer on for an additional 6 minutes.
11. Check on the kale chips and if they are not at a mildly crispy state, keep them in the oven and check on them every minute until they have reached the crispiness you desire. Be careful here, as there is a fine line between not-crispy-enough and burnt. The chips will get slightly crispier after taking them out and letting them sit for a moment, so a bit under crispy is much better than over crispy.
12. The finished chips should be mostly crunchy with just a touch of moisture. They should still have their bright green color and there should not be any burnt taste.
13. Once the chips have reached the desired cooking point, take the trays out of the oven and let the kale chips sit for an additional 5 minutes before transferring them on to a separate plate. This step will allow the chips to get a bit more crispy.
14. Eat, share, and indulge in good company!