



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

UMAMI CRISPY KALE

Time: 10 minutes (plus dehydrating time)

Serves: 4

Ingredients:

50g soy sauce
50g fresh lemon juice
40g coconut oil (preferably unrefined) warmed to liquid
10g garlic (approx. 3 cloves) very finely chopped or grated
Few dashes liquid smoke (optional)
400g kale leaves (no stems) roughly torn

Preparation:

Place all ingredients except kale in a blender jar or bowl and blend or whisk to combine.

Place kale in a large bowl and pour over sauce. Massage sauce into kale for one minute.

Spread kale on dehydrator racks and dehydrate (ideally at 52C) until just dried.

Nutritional Information Per Serving:

Calories: 139
Fat: 11g
Carbs: 11g
Fibre: 2g
Protein: 3g