



APPLE CINNAMON KALE CHIPS

By Hallelujah Acres

Serves 2

Ingredients

- 1 cup dried apples, soaked & drained
- 1 cup cashews, soaked & drained
- 1 cup distilled water
- 3/4 cup maple syrup
- 1 Tbsp cinnamon
- 2 tsp lemon juice
- 2 tsp vanilla
- Sea salt to taste
- 1 bunch kale, washed, trimmed & stemmed

Directions

1. Combine all ingredients except kale into a blender.
2. Blend until smooth; add sea salt to taste.
3. Massage kale with the apple mixture until coated
4. Place on Excalibur ParrFlex sheet and dehydrate for 8 to 10 hours or until desired consistency is reached.

The Balanced Body Center

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