

# Kale Chips

## Ingredients:

1 large bunch curly kale  
1 tsp olive or coconut oil  
Sea salt to taste



Directions: Shuck the leaves off the woody stems and tear into large pieces (discarding the stems). Rinse and dry the leaves then toss with a small amount of oil. Place on baking sheet in a single layer and sprinkle with sea salt. Bake at 300 for 25-30 minutes or until crispy. Let cool a few minutes and enjoy!

Notes: Chips are best (most crispy) when eaten within the hour—if left out, they will wilt. Chips can also be made in a dehydrator and stored longer. Additional spices such as garlic or onion powder, cayenne powder, chili powder, etc can be added per preference.



Recipe by: Beth Michaels,

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