



Kale Chips

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 25 MIN

Ingredients

- 1 large bunch curly green or purple kale
- 1-2 Tbsp melted coconut or avocado oil
- Seasonings of choice (i.e. pinch sea salt, 1 tsp cumin powder, 1 tsp chili powder, 1 Tbsp nutritional yeast // measurements per 1 large bunch kale)

Optional Seasonings

- Black pepper
- Cayenne pepper
- Cinnamon
- Cumin
- Chili powder
- Curry powder
- Garlic powder
- Hot sauce
- A dash of maple syrup
- Nutritional yeast

Directions

1. Preheat oven to 110 C.
2. Rinse and thoroughly dry kale. Tear into small pieces, discard/compost any large stems.
3. Add to a large bowl and drizzle with oil and seasonings of choice. Using your hands, toss to mix the oil and seasonings evenly.
4. Spread kale over 2 large baking trays lined with baking paper (use fewer or more if adjusting batch size). Ensure kale touches as little as possible to help the chips crisp while baking.



Kale Chips

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 25 MIN

Directions

5. Bake for 15 minutes. Turn the trays around and lightly toss kale to ensure even baking. Bake for 5-10 minutes more, or until kale is crispy and very slight golden brown. Watch closely as it can burn easily.
6. Remove from oven and let cool slightly – chips will crisp up even more once out of the oven.
7. Enjoy immediately! Best when fresh. Leftovers can be stored covered at room temperature for 2-3 days.