

KALE CHIPS



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Ingredients

- One bunch of Kale
- 1-2 tbsp olive oil
- Sea Salt
- Baking sheet
- Pastry brush (or piece of cloth, or fingers)

Yields: 6 servings

Directions

1. Preheat to oven to 370 degrees.
2. Make sure Kale leaves are washed and dried well. Remove stems- this is optional, and we actually often leave them in and just eat the leaves off of the stems.
3. Brush or rub the leaves with olive oil until well coated and sprinkle with sea salt to taste.
4. Place in the preheated oven for 5-10 minutes or less depending on how hot your oven is. You will need to watch them closely and remove them as soon as they are crispy and barely browning.
5. Serve immediately or leave on the counter on a plate (do not cover) for up to 3 days.
6. Flavor variations: try adding spices like cumin and chili powder or ginger and garlic for a different taste.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1/6 th	52	2.5 g	2.5 g	8 g	190 mg

Carbohydrate Exchanges: 1/2