

Kale Chips

Ingredients:

- Kale
- 1-2 tablespoons of olive oil
- Salt to taste
- Experiment with other seasonings such as garlic, onion powder, black pepper etc.



Instructions:

1. Preheat oven to 275 degrees
2. Season Kale on a baking pan with olive oil salt and any other desired seasonings.
3. Bake for about 20 minutes.
4. Enjoy as a snack or as a side with your meal!