

These crispy kale chips are a great homemade snack. You cannot stop at just eating one, just like potato chips. Great for parties, too!

INGREDIENTS:

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon flaked sea salt



INSTRUCTIONS:

1. Preheat the oven to 300 degrees F (150 degrees C). Line a rimmed baking sheet with parchment paper.
2. With a knife or kitchen shears carefully remove kale leaves from the thick stems; tear into bite-sized pieces.
3. Wash and thoroughly dry kale with a salad spinner.
4. Drizzle kale leaves with olive oil and toss to combine. Spread out in an even layer on the baking sheet without overlapping and sprinkle with salt.
5. Bake until the edges start to brown but are not burnt, 20 to 30 minutes.
6. Enjoy!

NUTRITION

Servings Per Recipe 6
Calories 58

| | % Daily Value * |
|------------------------------|-----------------|
| Total Fat 3g | 4% |
| Saturated Fat 0g | 2% |
| Sodium 185mg | 8% |
| Total Carbohydrate 8g | 3% |
| Dietary Fiber 2g | 5% |
| Protein 3g | 5% |
| Vitamin C 90mg | 100% |
| Calcium 104mg | 8% |
| Iron 1mg | 7% |
| Potassium 337mg | 7% |

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.