

servings: 3-4 prep time: 5 min cook time: 20 min freezes?: No

SUPER SIMPLE KALE CHIPS

Ingredients:

- 1 bunch of kale
- 1 to 2 tsp olive oil
- ½ tsp salt
- ¼ tsp garlic powder (optional)



Instructions:

1. Preheat oven to 300, and line a pan with foil for easy clean up
2. Wash kale, and pat dry really well - the drier the kale the crispier the chips
3. Take the kale off the stems, and chop into chunks
4. Massage 1 tsp of oil into the kale - if it still seems dry, drizzle a little more oil, but don't exceed 2 tsp. Sprinkle with salt & garlic powder, and massage into the chips
5. Spread out in a single layer, and bake for 10 minutes, flip the chips & bake for another 10 - check after 5 minutes to make sure none burn
6. Cool on the pan for 5 minutes to crisp up & enjoy!