

Kale Chips

This healthy treat is one of the easiest snacks to make and loaded with nutrients.

Kale - washed and torn into bite size pieces (discard stem)

Extra Virgin Olive Oil

Real Salt

Tear washed Kale into bite size pieces and place in bowl. Drizzle with Extra Virgin Olive Oil and sprinkle with salt to taste.

Optional 'flavors':

Use Real Garlic Salt instead of plain salt

For cheesy flavor sprinkle with Nutritional Yeast.

Spread on dehydrator trays and dehydrate at 110 degrees until crisp and enjoy. (about 3 hours)

No dehydrator? Spread kale on oven safe sheet and put in the oven at the lowest temperature until crispy.