



KALE CHIPS

2 bunch of Kale
1 tablespoon extra virgin olive oil
1 teaspoon sea salt

Preheat oven to 175°C

Line a baking tray with parchment paper.

Remove the kale leaves from the stems, and tear the leaves into bite size pieces.

Spread the kale leaves evenly on the baking tray and drizzle the EVOO over the leaves.

Massage the kale leaves until they start to soften and then sprinkle with sea salt.

Bake in the oven for approx. 10-15 mins (until edges are brown, not burnt)

Tip: other options for flavourings – chilli flakes – shredded parmesan – dukkah – even drizzle a little vinegar on for salt and vinegar chips!