

Kale Chips Recipe



PREP TIME:
5 MINUTES

COOK TIME:
10-12 MINUTES

TOTAL TIME:
15 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 4 Servings

Ingredients:

- 6-8 oz. Organic Chopped Kale
- 1 TBSP Extra Virgin Olive Oil
- 2 Pinches Salt
- 3 Pinches Garlic Powder
- 1 TBSP Lemon Zest (*optional*)

Instructions:

1. Preheat oven to 425 degrees.
2. Lightly spray baking sheet with olive oil – be sure to go light.
3. Pour chopped kale into large bowl. Add salt, garlic powder, lemon zest and olive oil.
4. Mix well with spoon.
5. **Note:** Too much olive oil makes for soggy kale chips – the less oil the better. Once you mix it with the spoon – the kale will be coated with oil.
6. Bake at 425 for approximately 8-10 minutes. Watch closely so does not burn.

***Try and use all organic ingredients if possible.**

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