

Kale Chips

- 3 stalks of organic kale (conventional is high in pesticides)
 - 1 TBS Olive oil (imported or organic – NOT extra virgin since it will be heated)
 - ½ tsp Sea salt
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1. Preheat oven to 400°
 2. Slice kale off of the stem
 3. Rip or cut kale into small pieces (about 1" by 1")
 4. Place single layer on stainless steel cookie sheet
 5. Drizzle oil on kale, and use (clean) hands to coat each piece with the oil. (make sure each piece is coated for best results – you can use a “spray” bottle instead of hands)
 6. Sprinkle with sea salt
 7. Cook for 5 minutes; until crispy (careful, they go from crisp to burned FAST)
 8. Remove and eat immediately

