

## **Kale Chips**

### **Ingredients:**

- 2-3 bunches of kale
- 3 TBSP Olive oil
- Salt & pepper
- Optional: spice mix, lemon, lime
  - Spice mix (1 TBS nutritional yeast, 1 tsp cayenne pepper, 1 tsp chili powder, 1 tsp garlic powder, 1 tsp salt, juice from 1 lime)



### **Directions:**

- Preheat the oven to 300 degrees F
- Remove the ribs from the kale and tear into 1 1/2-inch pieces
- Lay on a baking sheet and toss with the olive oil, salt, pepper and other spices or citrus juice, if desired
- Bake until crisp, turning the leaves halfway through, about 20 minutes
- Serve immediately