

BAKED FRUIT & VEGGIE CHIPS 4 WAYS

KALE CHIPS

INGREDIENTS:

- 1 bunch of kale
- 2 tablespoons olive oil
- ¼ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon paprika

DIRECTIONS:

1. Preheat oven to 350°F/180°C.
2. Remove the kale leaves from the thick stems, and tear into bite-size pieces.
3. In a medium bowl, toss kale with olive oil and seasonings until fully coated.
4. Arrange seasoned kale on a baking sheet.
5. Bake for 10-15 minutes, until the edges are brown, but not burnt.
6. Allow to cool to room temperature.
7. Enjoy!