

CRISPY KALE CHIPS



INGREDIENTS

1-2 tablespoon olive oil
1 tablespoon Nutritional Yeast
Salt
Pepper

INSTRUCTIONS

Preheat oven to 400 degrees.

Rinse and thoroughly dry kale, then tear into small pieces and discard any large stems.

Add to a large mixing bowl and drizzle with oil and seasonings of choice. Toss thoroughly to combine, using hands to distribute the oil and seasonings evenly.

Spread the kale over a large baking sheet ensuring the kale touches as little as possible to help them crisp while baking.

Bake for 10 minutes, then turn the pans around and lightly toss/stir kale to ensure even baking.

Bake for 5-10 minutes more, or until kale is crispy and very slight golden brown. Watch closely as it can burn easily.

Remove from oven and let cool slightly. The chips will crisp up even more once out of the oven.

CRUNCH AWAY!

