



Kale Chips

Ingredients:

10 leaves kale

1 tbsp. olive oil

Sea salt to taste

Onion powder to taste (if desired)

Directions:

Begin by heating the oven to 275 degrees Fahrenheit.

Rinse the kale leaves until clean and then toss in a bowl with the olive oil.

Sprinkle over the salt and onion powder and then place on a non-stick baking sheet.

Bake for 30 minutes or until they're crispy and then remove and allow to cool on a paper towel.

Nutritional information (makes 2 servings): 117 calories, 7.5 grams of fat, 11.4 grams of carbs, 3.8 grams of protein.