



Ingredients:

1 bunch kale

Topping Choice #1

1 Tbsp olive oil

1/4 tsp sea salt

1/4 tsp red chili flakes

Topping Choice #2

1 Tbsp olive oil

1/4 tsp garlic powder

1/8-1/4 tsp chili powder

Preparation:

1. Preheat oven to 325 F.
2. Wash kale leaves and separate from stalk. Dry thoroughly so no moisture remains.
3. Line baking sheet with parchment paper.
4. Lay kale leaves out on parchment paper and brush with a mixture of either topping choice. Alternatively, you could place kale in a large bowl, pour topping, and toss with hands until evenly coated.
5. Bake for ~15 minutes or until crispy (no need to flip).
6. Remove from oven and let cool.