

Kale Chips Recipe



Kale is a nutritional superfood that is packed with anti-oxidants, calcium, omega-3 fatty acids, fibre and vitamin A, C and K, and iron. The most common way of consuming kale is to add them onto salads or blend into smoothies, how about making them into chips? Perfect for a mid-day snack, read on for the full recipe and we are sure you and your kids will love!

Ingredients

- 5 large kale leaves
- 2 tablespoons olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon chilli powder
- 1/2 teaspoon smoked paprika
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon Himalayan salt

Method

1. Preheat the oven to 150 degrees Celsius and line a baking tray with baking paper.
2. Remove leaves from the stems of the kale and roughly tear up the large pieces. Wash the leaves and dry thoroughly.
3. Drizzle the olive oil onto the kale leaves and sprinkle with seasonings. Toss to combine.
4. Spread the kale onto the baking paper and bake for 10 minutes.
5. Using a spatula, flip the kale leaves around and bake for another 5-10 minutes or until crisp.
6. Set the kale chips aside to cool for 5 minutes before eating. Enjoy!

Recipe and image courtesy of juliaandlibby.com