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Kale Chips*

Serving: 1 Veg

Ingredients

- -1 tsp pepper powder
- -1 small bunch kale
- -1 tsp salt
- -1 tsp olive oil

Preparation Method

- -Preheat oven to 350 F . Spray baking trays with cooking oil spray
- Remove the centre rib and steams from each kale leaf and discard
- -Tear and cut leaves into bites sizes. Wash them and dry
- -Place kale in large bowl. Drizzle with some olive oil, pepper and salt. Mix it well. Place them on baking sheets and bake untill crisp and edges are slightly browned for
- 10-12 minutes