



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 stems 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