



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 5 mins

Cook time: 5-10 mins

Serves: 6 nibbles

INGREDIENTS

- 1/2 bunch of kale or several leaves
- 1-2 tbsp olive oil
- 1/8-1/4 tsp pink salt
- pinch chilli (optional)

METHOD

- Preset oven to 160°C (325°F).
- Wash, pat dry and devein kale.
- Spread in single layer, close together on lined oven tray.
- Drizzle olive oil over the top.
- Sprinkle salt and chilli if using over the top.
- Bake 5-10 minutes, until kale reduces by about half in size and is crispy.
- Be careful not to burn, check oven every minute.
- Serve immediately.

KALE CHIPS

