



ALLERGIES:

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

Prep time: 10 mins

Cook time: 25 mins

Serves: 2-4

SPICY KALE CHIPS



INGREDIENTS

- 1 bunch kale leaves (10-12 large leaves)
- 1 tbsp olive oil
- 2 tbsp nutritional yeast
- 1 tsp pink rock salt
- 1 tsp ground cumin
- 1 tsp onion powder
- ½ tsp chilli powder (adjust to taste)
- 1 tsp smoked paprika

METHOD

- Preheat oven to 120°C, and line large oven tray, or two, with baking paper.
- Remove stems from kale, and roughly tear the leaves into large pieces.
- Wash and thoroughly dry the leaves.
- Place kale leaves into a large bowl, and pour over the oil, rubbing well into the leaves.
- Sprinkle the spices over the leaves, and toss to combine well.
- Spread the leaves onto prepared tray, single layer and spread out a little.
- Bake for 15 minutes in oven, toss on the tray, and return to oven for a further 10 minutes.
- Remove from oven, and set aside for 2-3 minutes to cool slightly and improve the flavour.
- Repeat with next batch of kale, until all baked.
- Kale leaves will keep crisp, when cooled, place into a ziplock bag.