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Baked Kale Chips



Ingredients:

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

Directions:

1. Preheat oven to 180 degrees C. Line a non-insulated cookie sheet with wax paper.
2. Carefully remove the leaves from thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.
3. Bake until the edges brown but are not burnt - about 10 to 15 minutes.

Nutrition Facts:

Calories: 80

Fat: 3 g

Protein: 2 g

Carbs: 14 g

Fiber: 3 g

Sugar: 0 g

