

Kale Chips

Kale Chips are an excellent substitute for store bought chips! Kale Chips are low in calories and are high in antioxidants and vitamins. You can also do this same recipe with shredded brussels sprouts!



INGREDIENTS

- 1/4 bunch Kale
- 3/4 tbsp Avocado or Olive Oil
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/4 tsp Italian Seasoning
- 1/2 tsp Lemon Juice



DIRECTIONS

- Preheat the oven to 425 °F.
- Rip the kale from the stems. Then cut or rip into bite sized pieces
- On an oven tray, spread out 1/2 tbsp oil. Then spread the kale out and mix it with the remaining oil and seasonings.
- Bake for 10 minutes or until the edges start to crisp.
- Squeeze lemon on the kale chips and enjoy! Makes one serving!