

Kale Chips

THE PERFECT CHINESE NEW YEAR SNACK



Ingredients

- 1 pack of kale
- Olive oil
- Salt

Preparation

1. Preheat oven to 175 degrees C
2. Wash and remove stems from kale leaves. Break leaves into bite sized pieces.
3. Dry the leaves.
4. Drizzle with enough olive oil to lightly coat all the leaves. Sprinkle with salt to taste.
5. Arrange leaves on your baking tray. Make sure there's no overlapping leaves
6. Bake until edges are brown but not burnt. 10 – 15 mins.