

# Crispy Kale Chips

Crunchy, crispy, salty kale chips will make you think twice about not eating your vegetables!

**Prep time:** 15 minutes

**Cook time:** 45 minutes

**Ready in:** 60 minutes

**Servings:** 6

**Happy taste buds:** Lots



## Ingredients

1 bunch of kale

Salt

Cooking spray

(Alternative seasonings include soy sauce, parmesan cheese, balsamic vinegar, sesame seed oil, dry ranch seasoning, dried red chili peppers and soy sauce)

## Directions

1. Preheat your oven to 200 degree Fahrenheit. Wash your kale thoroughly. Using your hands, separate the kale leaves from the stems and then tear into bite-size pieces. Dry with a towel or a salad spinner. Lay kale pieces out on a cookie sheet.
2. Throw your kale into the oven and cook for 25 minutes. Pull the kale out of the oven and spray with cooking spray and season with salt or whatever seasoning you would like.
3. Turn off the oven and place the kale back in the oven for 20 minutes. The kale will continue to crisp and form its chip-like texture. After 20 minutes, pull it out of the oven and enjoy!

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