



Kale Crisps

These crisps really hit the spot if you have a craving – the crunchiness will help to quash this! They can be adjusted to suit your pallet with a wide range of herbs and spices.

Serves 2

Ingredients

- Approximately ½ bunch fresh curly kale
- ½ tbsp. olive oil
- ¼ tsp salt
- ¼ lemon zest

Optional seasoning:

- ½ tsp cayenne pepper
- ½ tsp smoked paprika
- 1 tsp garlic powder
- ½ tsp onion powder
- 1 tsp chilli powder



Method

1. Remove the stems from the kale leaves before washing and drying (ensure you dry them thoroughly) and tear into large pieces
2. Preheat the oven to 150C and line 2 baking trays with parchment paper
3. Add the kale to a large bowl with olive oil, toss together so the leaves are fully coated
4. Sprinkle in any further spices you wish to add and toss to combine and coat evenly
5. Spread the kale leaves equally in a single layer onto the baking sheets
6. Bake for approximately 20 minutes, or until crispy
7. When baked, remove from the oven and leave to crisp up for several minutes – this makes all the difference!
8. If any are leftover, store in an air tight container as they can become stale quickly

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