

## Best Kale Chips EVER!

### Ingredients:

1 bunch fresh kale leaves  
1 TBSP cold pressed extra virgin olive oil or coconut oil  
1/4 to 1/2 teaspoon fine grain sea salt (more or less to taste)

### **\*Directions:**

1. Preheat oven to 275F. Line a large rimmed baking sheet with parchment paper.
2. Remove leaves from the stems of the kale by grabbing the base of the stem with one hand and pulling the leaves away from you to slide them off. Tear them into 1 1/2 to 2 inch pieces.
3. Wash and spin the leaves until thoroughly dry (lay them out after washing on a towel. They **MUST BE DRY!**) If the leaves aren't properly dried, the water can "steam" the kale chips while baking and lead to the dreaded soggy kale chip! Be sure they are dry before you massage in the oil.
4. Add half the kale leaves into a large bowl. Drizzle 1/2 TBSP of the oil over the leaves and massage the oil into each leaf until all the nooks and crannies are **LIGHTLY** coated in oil. Sprinkle on the salt and toss to combine.
5. Spread out the kale in a single layer on a rimmed baking sheet lined with parchment paper. Do not clump the kale or it will bake unevenly and either burn or turn soggy.
6. Bake for 15 minutes, gently stir the kale and rotate the pan, and bake for another 10 minutes, stirring each time and continue in 10 minute increments until the kale begins to firm up. The kale will look shrunken, but this is normal. Depending on your oven it may take up to 40 minutes.
7. Cool the kale on the sheet for 3 minutes before digging in! This really makes all the difference!

\*Repeat this process for the other half of the bunch or use 2 baking sheets.