



# kale chips

*Say cheese! Cheesy, crunchy kale chips.*

PREP TIME : 5 mins | COOK TIME : 20 mins | SERVINGS : 2

## WHAT YOU NEED:



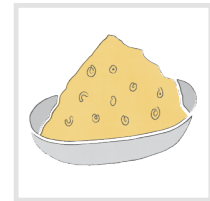
1 bunch kale



1 teaspoon salt



1 tablespoon  
olive oil



2 tablespoons  
nutritional yeast

## INSTRUCTIONS

- 1 Preheat oven to 300 degrees Fahrenheit. Thoroughly wash and dry your kale leaves. Remove the stems, tear the kale into pieces and place in a bowl.
- 2 Drizzle the olive oil over the top and toss to coat. Sprinkle salt and nutritional yeast, if using, over the top. Toss again.
- 3 Spread the leaves onto a baking sheet and try not to overlap -- overlapping will result in soggy kale chips.
- 4 Bake for up to 20 minutes, or until completely crisp. Serve immediately.



**SPROUTING INTEREST**

