

Sea Salt & Garlic Kale Chips

Serves: 2 +

Prep time: 1 minute

Cook time: 6-8 minutes

INGREDIENTS:

1 medium-sized bunch of kale

1 pinch garlic powder

Salt

Non-stick olive oil spray



Serving size: 1 cup

INSTRUCTIONS:

1. Preheat the oven to 350 degrees and take out a baking sheet.
2. Wash and dry the kale in paper towels or with a cloth.
3. Rip the kale into chip-like pieces and lay on the sheet pan. Spray with non-stick spray and lightly sprinkle salt and garlic powder over the top.
4. Place the baking sheet into the oven for 6-8 minutes - keep an eye on them so they don't burn! I like to test them every few minutes.
5. Remove from the oven, let them cool and serve!