

Sea Salt Kale Chips

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- One bunch dino or lacinte kale, washed and torn into bite-size pieces
- Pinch of sea salt
- 1 tsp extra-virgin olive oil

Instructions:

1. Preheat oven to 350F degrees. Line a baking sheet with parchment paper.
2. Bake for 5-8 minutes (on convection setting) until the kale chips are nice and crispy.

Notes:

Tip: After washing the kale, make sure you dry it really well otherwise it will take longer to get crispy in the oven.