

# Kale Chips

- 1 bunch Kale (purple or green)
- 1 -2 tablespoons olive oil
- 1 teaspoon garlic salt (our regular sea salt if you do not like garlic salt)

## Directions

1. Preheat oven to 400 degrees
2. Wash and completely dry the kale.
3. Remove the thick stems.
4. Rip the kale up into the size chips you want.
5. Put them in a very large bowl and pour 1-2 tablespoons of olive oil over them and mix it all around to coat evenly.
6. Place them in a single layer on a parchment lined baking sheet. If you do an entire bunch of kale it will take 2 baking sheets at least.
7. Sprinkle the garlic salt over them.
8. Cook for 12-15 minutes, checking every couple of minutes after 10 minutes. They will be crispy throughout.