

Kale Chips

Ingredients:

- A Bunch of raw Kale
- 1 tablespoon of Olive Oil
- 2 teaspoons of Nutritional Yeast
- 1\2 a teaspoon of Salt

Equipment:

- Baking Tray
- Clean Tea Towel

Method:

Heat oven to 120c or 100c (fan).

Pick off the leaves and discard the stalks.

After that wash the leaves thoroughly.

Dry the kale leaves thoroughly, first with a salad spinner if you have one and then a clean towel. You need to dry well or they won't crisp well.

Next place the dried leaves evenly spaced from one another onto one or two baking trays, depending on how much kale you have, drizzle the Olive Oil and sprinkle the Nutritional Yeast and Salt.

Then use your hands to massage the flavouring into the kale to coat it well.

Bake in the preheated oven and check the crispiness after 15/20 minutes. Add a few minutes if they're not crisp.



I love cooking and often bake cakes and treats with my children. During all the time at home over the past year we've tried to find some easy and healthy recipes. We perfected our usual 'hit or miss' Kale Chips into a fail proof recipe as part of my son's homework for Healthy Week. It's a family favourite.