

## Kale Crisps

1 bunch of green kale

2 tbsp extra virgin olive oil or coconut oil

sea salt

- Remove stalks from kale and tear the leaves into smaller pieces (a crisp size). Massage the kale with oil and salt. Use coconut oil if you plan to dry the kale in the oven at a high temperature or extra virgin olive oil if you use a dehydrator.
- Spread the kale on a baking tray and bake in the oven for 10-15min at 350F/180C. Alternatively, dehydrate the kale for 6-8 hours or until crispy.
- The crisps are best eaten within 12h as they tend to wilt. If they wilt, you can dry them in the oven or in a dehydrator again.

Other flavoring options:

- Rub the kale with chocolate and honey
- Use curry and turmeric for a touch of Indian flavour
- Add cayenne pepper for spicy kale crisps