

Kale Chips – Healthy Chips

Ingredients

2 bunches of kale 2 -4 Tbsp. olive oil

1/2 tsp. salt

Method:

1. Wash kale thoroughly
2. Remove thick stems from kale (I chop the stems and sauté them well to avoid waste).
3. Chop or tear kale leaves into large pieces.
4. Place kale pieces into a large bowl.
5. Add olive oil and mix to coat.
6. Add salt and mix to coat.
7. Spread kale in a not-too-thick layer on dehydrator trays (or cookie sheets if using an oven).
8. Dehydrate until crispy dry. (I dry these at about 125 degrees F and they take about 2 1/2 hours.)
9. Store in airtight containers (I use both plastic containers and bags, though be careful with the bags as these will crush easily).
10. Hide from kids because these can really be quite addictive!