

## Kale Chips

- ~ 1 bundle of Kale or salad savoy
- ~ 1 Tbsp. olive oil
- ~ 1/4 tsp. sea salt

1. Preheat oven to 350° F. Wash Kale and remove leaves from stems. Toss leaves with olive oil.

2. Line a baking sheet with parchment paper. Lay Kale leaves in a single layer on the baking sheet, making sure that all the leaves are open. Sprinkle with sea salt and bake for 16 minutes.

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