

# Crispy Kale Chips



## Ingredients

- 1 package kale, washed
- 1-2 Tbsp oil (olive, grapeseed, or avocado)
- 1-2 Tbsp nut butter (peanut or almond butter are favorites in our household)
- Salt, to taste
- Ground black pepper, to taste
- Pinch of brown sugar

### Additional Seasoning

#### Combinations:

- Garlic, salt, and tahini
- Sunbutter, brown sugar, and cinnamon

## Prep Time

**TOTAL TIME: 30 min**

Prep: 5 min

Cook: 25 min

## Directions

1. Preheat the oven on Convection at 250°F or bake 350°F.
2. Place the kale in a bowl and remove any large stemmy pieces.
3. Starting with 1 Tbsp, drizzle oil to lightly cover the kale. Massage oil into the kale with your hands until all pieces are lightly coated.
4. Add your nut butter of choice.
5. Add remaining ingredients for seasoning. Massage until evenly coated.
6. Spread the kale into a single layer on a baking sheet, and place into oven. **Convection:** Bake at 250°F for about 30 minutes. **Conventional:** Bake at 350°F for about 15-20 minutes. Flip chips halfway through bake time.
7. Once the kale appears crispy and firm, remove from oven and allow to cool (about 5 minutes). Serve and enjoy!