

Cheesy Kale Chips

Servings: 2



Ingredients

- 1 bunch kale
- 1 tbsp extra virgin olive oil
- Sea salt, to taste
- Nutritional yeast, to taste (optional for that “cheesy taste”)

Directions

1. Preheat oven to 350 degrees
2. Remove kale leaves from the stem and tear into bite size pieces
3. Wash and thoroughly dry kale
4. Lightly drizzle kale with olive oil and sprinkle with sea salt
5. Bake until the edges brown but are not burnt, approximately 10 to 15 minutes
6. Sprinkle with nutritional yeast, place in a beautiful bowl and get your crunch on!



Notes

Share with a friend!