

Sweet & Salty Kale Chips

2 SERVINGS 30 MINUTES



INGREDIENTS

4 cups Kale Leaves (packed, torn into pieces)
1 tsp Sea Salt
2 tbsps Maple Syrup
1 tbsp Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	126	Carbs	15g
Fat	7g	Protein	1g

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 02 Place kale leaves in a large bowl and add the salt, maple syrup, and oil on top. Massage lightly to coat the leaves.
- 03 Arrange the kale across the baking sheet. Bake in the oven for 10 to 15 minutes or until crispy. Serve and enjoy!