

# KALE CRISPS



## QUICK

Less than 15 mins

## HEALTHY

Kale contains a lot of Vitamin K, which is a nutrient critical for blood clotting.

## FAMILY

Feeds 5 for 2 meals

## MEALS

This is a great alternative to crisps and is great when the kids get back from school or as a starter.

## INGREDIENTS

- 1 bag kale
- Big drizzle oil – I use rapeseed oil
- 2 large pinches sea salt

## METHOD

1. Put the oven onto 180°C
2. Wash the kale
3. Remove the thick stalks from the kale
4. Chop or rip into approx. 3cm pieces
5. Drizzle with oil
6. Sprinkle with salt
7. Put in the oven for 8 mins – try not to put too much on one tray or it will steam rather than bake
8. Check and mix
9. Put on for another 5 mins
10. Check and mix
11. Repeat till ready but only at 1-2 minute intervals. Be careful to keep your eyes on it so it doesn't burn.



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)