Kale Chips with Sea Salt

Ingredients

- 1 large bunch of fresh kale
- 1 tbsp olive oil
- ½ tsp sea salt (adjust to taste)
- Optional: a pinch of chilli flakes, garlic powder, or nutritional yeast for extra flavour

Directions

1. Preheat the oven to 150°C (130°C fan/gas mark 2).
2. Line a baking tray with parchment paper.
3. Prepare the Kale
4. Wash and thoroughly dry the kale leaves.
5. Remove the thick stems and tear the leaves into bite-sized pieces.
6. In a bowl, toss the kale with olive oil, ensuring a light, even coating.
7. Sprinkle with sea salt (and any optional seasonings).
8. Bake Until Crispy
9. Spread the kale in a single layer on the baking tray.
10. Bake for 10–15 minutes, checking regularly to prevent burning.
11. The chips are ready when they are crisp but still vibrant green.
12. Let the kale chips cool for a few minutes before serving.