Sea Salt and Garlic Kale Chips

Ingredients

- 1 medium sized bunch of kale washed and dried
- 2 tsp olive oil
- A pinch or two of salt, to taste
- A pinch of garlic powder

Prep Time	Cook Time	Serves
15 minutes	20 minutes	4

Procedure

1. Preheat your oven to 300 F.
2. Wash and dry one bunch of kale, making sure the leaves are completely dry.
3. Rip the leaves off the stems and into chip-sized pieces.
4. Arrange the pieces of kale on an unlined baking sheet.
5. Drizzle the olive oil evenly over the kale. Using your hands, gently massage the oil into the kale leaves, making sure to massage the oil well into all the folds and onto the entire surface of each kale leaf. If you feel you need a tiny bit more oil, add it one drop at a time.
6. Once you've finished massaging the kale, sprinkle a pinch or two of sea salt and a pinch of garlic powder over the kale.
7. Bake for 10 minutes. Rotate the pan and flip any pieces that start to look crispy. Bake for another 10-15 minutes, watching closely for the last 7-8 minutes.
8. Let rest for 3-5 minutes.

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