



YOUR WHOLE HEALTH

—AN INTEGRATIVE MEDICINE PRACTICE—

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Kale Chips

½ Bunch curly kale leave

¾ TBSP olive oil

¾ tsp chili powder

1 tsp garlic powder

½ tsp pprika

½ tsp onion powder

½ tsp sea salt

Wash and dry kale. Tear into chip size pieces discarding the large stem. Place in a large bowl and massage oil into each piece. Mix spices together and toss into kale. Lay chips in a single layer on 2 baking pans and bake at 350° for 10 minutes. Rotate the pans and bake another 10-12 minutes until all pieces are crispy.