



OVEN BAKED SPICY KALE CHIPS

30 MINUTES

MAKES 2-3 SERVINGS

Crispy, spicy, oven baked kale chips. The perfect snack!

INSTRUCTIONS

Preheat oven to 300°F.

Rub kale with olive oil and seasonings, ensuring you coat all leaves. Lay the kale on a parchment lined baking sheet, making sure there is no overlapping.

Bake for 10-20 minutes, checking often, until turning golden brown and crispy.

Remove from oven and allow to cool fully on baking sheet. Season with more salt, if desired.

Enjoy!

INGREDIENTS

1 Package of GoodLeaf Baby Kale

2 Tbsp of Olive Oil

½ Tsp of Salt

¼ Tsp of Black Pepper

1 Tsp of Red Pepper Flakes



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