

# Yummy Kale Chips Recipe

A while back, I saw some dehydrated Kale Chips at my food coop. I decided to give them a try. WOW!!! They were delicious. I looked at the ingredients, and thought, I can make these myself!

Ingredients:

- 1 or 2 bunches of washed kale (take the big central stems out of the center and break into hand-size pieces)
- 1/2 lemon
- 2-3 T. olive oil
- 1 t. sea salt (I like Celtic sea salt)
- Garlic powder
- Cayenne (optional)

In a large bowl, place your hand-sized pieces of kale. Add lemon and olive oil. With your hands, massage the leaves for a couple of minutes (if you wish, you can use a latex glove) until they are limp and it looks like half the volume.

I used a cookie sheet and lay the pieces flat. Shake your sea salt, garlic powder and whatever seasonings you like (if you like things spicy try Cayenne for a kick.

Dehydrate...Or use your oven at 350 degrees until crispy. Eat while hot out of the oven. Yum Yum Yum!

Note: Kale grows year round here in California. I personally have a garden and like to harvest a leaf or two from each plant instead of cutting the whole plant. Enjoy!