**Kale Chips**

* Olive oil
* Sea salt
* Any spices of choice
* 2 bunches of kale

1. Preheat oven to 220 degree
2. Take kale off thick stalks- leaving only greens
3. Break the green into pieces – p[place into a large bowl
4. Slowly drizzle with a little oil and toss with your hands
5. Add salt and spices of choice
6. Spread on a large baking sheet, that has been lightly oiled in a single layer
7. Bake in oven for 5 mins until it starts to brown then flip over
8. Bake for a further 5 mins
9. Watch carefully, it can burn quickly
10. Serve straight away
11. Any leftovers can be stored in an air tight bag

Nice spices to try would be garam masala, cumin, curry, chilli etc