

Chipotle Kale Chips

Adapted from Oh She Glows

These chips are a little smoky and a little spicy. If you don't like hot spice leave out the chipotle chili powder and use the rest of the spices. They will be delicious.

1 baking sheet 11 x 18 approximately

½ bunch kale leaves (4 cups) or prewashed baby kale

½ Tb extra virgin olive oil or melted coconut oil

Spice Mix - enough for 2 batches – USE HALF

1 Tb nutritional yeast

1 tsp garlic powder

1/2 tsp chipotle chili powder

½ tsp onion powder

1/2 tsp smoked paprika

1/4 tsp fine grain Celtic sea salt

- Preheat oven to 300F. Line 1 large rimmed baking sheet with parchment paper.
- Remove leaves from the stems of the kale and roughly tear it up into large pieces. Freeze the stems for use in a vegetable sauté.
- Wash and spin the leaves until thoroughly dry. Skip this step if using prewashed kale. Make sure the leaves are dry
- Add kale leaves into a large bowl. Using your hands, massage in the oil in until all the nooks and crannies are coated in oil. You want enough oil to coat the leaves but you don't want them to be soggy. The oil also helps the spices to stick to the kale
- Sprinkle HALF the spices and toss to combine. (save the rest for another batch)
- Spread out the kale onto the baking sheets into a single layer, being sure not to overcrowd the kale.
- Bake for 10 minutes, rotate the pan, and bake for another 10-15 minutes more until the kale begins to firm up. The kale will look shrunken, but this is normal. You want it to be firm but still green, if it gets too dark it will taste burnt.

- Cool the kale on the sheet for 3 minutes before removing from the tray. This is an important step. Place into a bowl and enjoy.
- These will keep about 3 days out of the refrigerator. Store in an air tight container.

Note: You can make these in a dehydrator if you have one.