



Kale chips



Here are some chips that you will love and that are good for your HEALTH!

Ingredients

- ✓ 1 bunch of kale, washed, cut and without the stems
- ✓ 2 tablespoons almond butter
- ✓ 2 tablespoons of olive oil or liquid coconut
- ✓ 1 teaspoon tamari
- ✓ 2 garlic cloves pressed or chopped very finely
- ✓ 1 teaspoon gram masala (optional)
- ✓ ¼ teaspoon of cardamom (optional)
- ✓ ⅛ teaspoon of cumin (optional)
- ✓ zest of an orange or lemon
- ✓ sea salt



Preparation

1. Preheat the oven to 275 ° Fahrenheit.
2. Line 2 cookie sheets with parchment paper.
3. Mix all the ingredients in a small bowl except the kale.
4. In a large bowl, place the cut kale and incorporate all the ingredients. Mix with your hands.
5. Place the kale on the parchment papers and spread out so the pieces are not touching.
6. Cook the chips for 15 minutes and rotate.
7. Cook another 15 minutes and check. Cook until crisp.