

# Recipe

## BLINK & THEY'RE GONE CHIPS

CATEGORY:  
snack

PREP TIME:  
10minutes

COOK TIME:  
20 minutes



### ingredients

- ☐ 1 bunch of kale
- ☐ 1 tablespoon olive oil
- ☐ Chunky salt
- ☐ Additional seasoning such as garlic powder, red chili flakes optional



### directions

Remove bite-sized pieces of kale from the thick middle stem.

Wash kale and **dry** well!

Place kale in a bowl & drizzle with olive oil. Stir to coat evenly and spread on parchment lined baking sheet.

Salt to taste & add your choice of seasoning.

Bake at 300 for 20 minutes

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### notes

Kale is beneficial for eye health due to the combination of nutrients like lutein and Vitamin A.