

# Roast Garlic Kale Chips



## Ingredients

---

- 2 cups kale
- 2 garlic cloves, minced
- 1 tbsp salt
- 2 tbsp olive oil

## Method

---

- Preheat oven to 220c
- In a large mixing bowl, place kale, garlic, salt and olive oil. Mix to combine
- Place mix onto a prepared oven tray, evenly spreading out.
- Place in oven for between 6-8 minutes, stirring half way through. Kale should be slightly crispy, but not too crispy!!

