



WARWICK WELLNESS

Move. Nourish. Play.

Kale Chips

aka *Dinosaur Leaves* to kids



Ingredients

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon sea salt

Directions

- Preheat oven to 350°F.
- Carefully remove kale leaves from the thick stems and tear into bite-size pieces.
- Drizzle kale with olive oil and massage oil into the kale.
- Spread evenly on cookie sheet and sprinkle with salt.
- Cook for 10 minutes or until crispy.