



# Savory Kale Chips

Prep Time: 20 min. Cook Time: 30 min. Makes: 1 1/2 cups.

These crunchy little chips are a great snack to get some nutrient-dense kale into your life, and also give you a much better snack option than potato chips. They have lots of flavor to satisfy your taste buds but are much lower in calories than regular chips.

## INGREDIENTS

8 large leaves of kale, washed, dried, and torn into large pieces  
2 Tbsp almond butter (or sunflower seed butter)  
1 Tbsp apple cider vinegar  
1-2 Tbsp (approx) water  
1 Tbsp nutritional yeast  
2 tsp onion powder  
1 tsp garlic powder  
1 tsp dried dill  
1 tsp dried chives (or fresh, finely minced)  
sea salt, to taste

## DIRECTIONS

1. Preheat the oven to 300 degrees F.
2. Whisk together the almond butter and vinegar until thick, then add 1-2 Tbsp of water - just enough to make it smooth and creamy.
3. Add the seasonings, adding more water if necessary, and stir to combine. Toss the kale, and use your fingers to coat each leaf.
4. Lay the pieces of kale out on a large baking sheet, lined with parchment paper or a reusable liner. Make sure they are well spread out, if they overlap they don't bake properly.
5. Once baked, let them sit for a few minutes to cool before serving. Keep in an air-tight container, though they don't keep very well so it's best to bake and enjoy them the same day.

## NUTRITION FACTS

Per serving  
Calories 272

		% Daily Value*
14 g	Total Fat	22%
1 g	Saturated Fat	7%
0 mg	Cholesterol	0%
97 mg	Sodium	4%
30 g	Carbohydrates	10%
7 g	Dietary Fiber	26%
2 g	Sugar	
13.4 g	Protein	
27559	Vitamin A	599%
216 mg	Vitamin C	360%
302 mg	Calcium	30%
4 mg	Iron	27%

## Hints & Tricks

Make sure the kale is fully dried - this is important, otherwise they won't dry out properly in the oven and will wind up chewy and/or soggy and/or overdone as you try to dry them out while baking. Tear the leaves off the stems, and then tear the leaves into bite-size pieces.