

# Kale Chips

Makes 4-6 servings

## Ingredients:

- 120 g kale, washed, dried and cut into medium-sized pieces
- 30 g almond flour
- 20 g coconut flour
- 10 g dehydrated onion
- 5 g dehydrated garlic
- 30 mL olive oil
- salt to taste



## Directions:

1. Pre-heat the oven to 93° C (200°F )(I used my convection (fan) setting).
2. In a dedicated spice/coffee mill, grind the almond flour, coconut flour, onion and garlic until a fine powder. Set aside.
3. Wash kale and dry as well as possible. Remove thick ribs. Cut into bite-sized pieces keeping in mind that they will shrink to about half their raw size.
4. Drizzle olive oil over kale and toss to coat evenly. I gave them a quick, light massage to evenly coat each leaf.
5. Spread kale on a cookie sheet so they are on one layer and not overlapping. Sprinkle lightly with about 7 g of almond flour mixture (I found it easier to sprinkle through a fine sieve).
6. Bake for 15-20 minutes tossing occasionally until crisp. Sprinkle with salt.
7. Serve immediately.

## Notes:

- Spice up the finished kale chips with a little cayenne pepper.
- Instead of olive oil, use chili oil to coat raw chips.
- Spread the oil-coated chips evenly on a cookie sheet to dry quickly and evenly.
- A medium to larger cut leaf will dehydrate to a bite-sized chip.
- Store the leftover coconut flour mix in an air-tight container for future kale chips.