



Delicious kale chips

Ingredients

250 g kale
2 tbsp high-quality olive oil
2 tbsp lemon juice
1 pinch sea salt, paprika
and chili powder
1 tbsp sesame seeds

Preparation

Heat the oven to 130°C and line a baking sheet with baking paper. Wash the kale very thoroughly and cut the kale leaves from the stalks. Then dry-spin or dab the kale leaves until they are dry to ensure that the chips will turn out nice and crispy.

Mix the olive oil with the lemon juice and season it with the sea salt, paprika and chili powder. Soak the kale leaves in the prepared marinade and sprinkle the sesame seeds over the top.

Spread the kale leaves on the baking sheet and bake for about 30 to 40 minutes (depending on the amount) in the pre-heated oven. Open the door of the oven every 5 to 10 minutes while the kale is drying to allow any steam to escape. The kale chips are ready when the kale is slightly brown and the leaves are crisp.

Enjoy your meal!