

## Spicy Kale Chips (Vegan, Gluten Free)



Try this spicy twist on kale chips as an easy and delicious way to eat more greens.

Prep: 15 minutes Bake: 20 minutes at 300F Cool: 30 minutes

- 4 cups torn curly kale leaves
- 2 Tbs Olive Oil
- ½ tsp chili powder and/or ground cumin

1. Preheat oven to 300F
2. Line 2 large baking sheets with parchment paper
3. Arrange kale in a sing layer on baking sheets, allowing space between leaves
4. Brush kale with oil and sprinkle with chili powder and/or cumin
5. Bake for 20-25 minutes, cool for 30 minutes

Makes 6 servings

Per serving: 62 cal., 5g fat (1g sat. fat), 0mg chol., 217mg sodium, 5g carb., 1 g fiber, 2g protein

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