

The Best Garlic Kale Chips

<https://brickhousenutrition.com/blogs/recipes/the-best-garlic-kale-chips>

Prep Time: 20 mins Servings: 4

What You'll Need:

ITEM	AMOUNT
Kale, cut into bite-sized pieces	1 Bunch
Olive Oil	1 Tbsp
Garlic Powder	1 Tsp
Onion Powder	1 Tsp
Sea Salt	1/2 Tsp

Follow These Simple Steps:

1. Start by preheating the oven to 350 degrees F and lining a baking sheet with parchment paper.
2. Wash and dry the kale and cut into bite-sized pieces.
3. Add the kale to the lined baking sheet and drizzle with the olive oil.
4. Season with garlic powder, onion powder, and salt.
5. Bake for about 10 minutes, or until the edges begin to crisp.

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