

# King Kale



I crown kale king because of its many nutritional benefits. Per calorie, kale has more calcium than milk! It is high in vitamin A, C, and K. An anti-inflammatory and powerful antioxidant. These crunchy kale chips will make it easier to say goodbye to potato chips.

**Serves** 3

**Total Time** 25 min

## Ingredients

1 bushel        kale  
1/2 cup-ish     olive oil  
dash            sea salt to your preference

## Directions

1. Turn on oven to 350 degrees
2. With your hands, pull kale away from the center stalks and tear into small chunks (about 1.5-2")
3. Wash kale (I usually put chunks into a bowl and fill with water)
4. If you have a salad spinner use that. If not, I take a lot of paper towels or clean kitchen towel to dry. It is important to get out as much water as you can
5. Using a bowl, mix olive oil into the leaves (you want them covered but not overly saturated)
6. Place 1/2 of kale onto an un-greased cookie sheet giving the leaves room to cook
7. Sprinkle sea salt onto leaves to your preference
8. Cook for 10 minutes (ovens are different so you may need to cook more or less. You want your kale chips crispy but not burnt)
9. Place the rest of the kale onto the cookie sheet and cook again
9. Using a spatula, scrap chips into a bowl just in time for movie night

When possible, use organic, grass-fed meat and non-GMO ingredients. Eating healthy can be overwhelming, especially when cost is a factor. Do what you can, when you can. I encourage you to view eating as a spiritual practice. The act of sending positive energy and gratitude toward your food, not only increases its vibration, but connects you to the plant and animals that nourish your body.

*Soul*  
Curiosity

[www.MySoulCuriosity.com](http://www.MySoulCuriosity.com)