Kale Crisps

Ingredients:

1 Bunch of Kale
Salt to sprinkle
Olive oil in sprayer

Method:

Preheat the oven to 150°C.
Slice the Kale off the central stalk.
Put the pieces onto a baking tray lined with baking paper.
Spray lightly with oil, and sprinkle with salt to season.
Bake for 5 to 8 minutes, until the kale is crispy.
Serve hot or cold.