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Curry Spiced Kale Chips by Cara Marrs, RD

You can make these kale chips easily at home. These are wonderfully flavored and will be a treat for everyone looking for something crunch and savory but nutrient packed.

Ingredients:

- 1 head of rainbow kale de-stemmed
- 1 tsp curry spice
- 2 tbsp nutritional yeast
- 1 tsp grated lemon zest
- Salt and pepper to taste
- 2 tbsp olive oil

Instructions

1. Pre-heat oven to 300 degrees
2. De-stem kale and zest lemon peel, then set aside
3. Place kale in large bowl, add olive oil, nutritional yeast, curry spice, lemon zest, sea salt, and pepper
4. Massage ingredients into kale with your hands thoroughly
5. Spread onto baking sheet, adding any extra spice mix that might still be in bowl
6. Bake for 30 minutes and consume within 48

