



Spicy Cheesy Kale Crisps

Serves 2

½ bunch kale leaves (approx. 7 oz./200g)
1 tbsp. olive oil
1.5 tbsp. nutritional yeast
1 tsp. paprika
¾ tsp. chilli powder
½ tsp. onion powder
½ tsp. smoked paprika
¼ tsp. sea salt
⅛ tsp. cayenne pepper

What you need to do

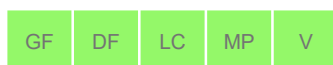
Preheat the oven to 300°F (150°C). Line a large baking tray with parchment paper.

Remove the leaves from the stems of the kale and roughly tear into large pieces, placing in a large bowl. Discard the stems.

Massage the oil into the kale leaves with your hands then sprinkle with the spices/seasonings and toss to combine.

Spread the kale out on the baking tray and bake for 10 minutes. Remove from the oven and stir gently, then return to the oven to bake for a further 12-15 minutes until the kale begins to crisp. Check the kale every now and then to avoid it from burning.

Cool for 3 minutes and serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	139	9	10	7

*Nutrition per serve

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