



KALE CHIPS



Method:

1. Rinse kale under water for a couple of minutes and then roughly chop into chip size.
2. Line a baking tray with baking paper and place the kale chips onto the tray. Season with salt, rosemary and olive oil.
3. Place tray in the oven and cook for 3-5 minutes.
4. Serve with a main meal or as a light snack in between meals.

Ingredients:

- 10 kale leaves, roughly chopped
- 1 tsp salt
- 1 tbsp rosemary
- 1 tbsp extra virgin olive oil

Nutrition Information

Serves 4 people

Nutrient	Per Serve
Energy	318 kJ
Protein	2 g
Fat	6 g
Carbohydrate	2 g
Sodium	821 mg
Fibre	3 g



HOT TIPS

Kale chips are so quick and easy and can be extra salty! When consumed with water, these tasty bites may help athletes rehydrate more effectively, especially those with high sweat losses after exercise.