



**Ingredients**

- ✓ 1 bunch of kale
- ✓ Coconut oil
- ✓ Toasted sesame oil
- ✓ Garlic powder
- ✓ Ginger powder
- ✓ Cayenne powder
- ✓ Salt

**Notes:**

- Remove kale leaves from the stems and rinse and dry well.
- The kale needs to be dry so that it can crisp up.

**Preparation**

Preheat oven to 400 degrees. Melt 1-2 Tbs. coconut oil—if solidified. Lightly drizzle coconut oil and toasted sesame oil over leaves—enough to lightly coat the kale. Sprinkle on seasonings—coating the leaves. Use cayenne sparingly if you do not prefer spicy. Season and salt to taste. Spread leaves out onto baking sheet, single layer. Bake in preheated oven for about 5-10 minutes—until dry and crispy. Be careful not to burn. Cool and enjoy!