



Vegan "Cheesy" Kale Chips

The Ingredients

- ½ bunch washed kale
- 2 tablespoons coconut oil
- 1 Teaspoon of pink salt
- 1 cup nutritional yeast

Method

1. Preheat oven to 180°C
2. Tear pieces of kale into large 'chip' sizes – they will shrink in the oven.
3. Put kale into a bowl and pour melted coconut oil evenly over the top.
4. Take each piece, ensuring it is lightly coated with oil, then place on the oven tray.
5. Lay the pieces side by side, not overlapping too much until the tray is covered.
6. Sprinkle salt over the top (more if you like salty goodness).
7. Sprinkle a generous amount of yeast over the top of the kale. The more you put the cheesier they will taste!
8. Bake for 10 – 15 mins chips should be cooked through and crispy.