



## kale\_crisps

Kale Rocks! First of all, it packs more nutritional punch per calorie than almost any other food on the planet. It is packed full of vitamin K, an essential vitamin for preventing bone fractures, postmenopausal bone loss and calcification of your arteries. And because kale is a member of the brassica family (think broccoli, cabbage, collards, and Brussels sprouts) it contains the organosulphur compounds that appear able to lessen the occurrence of a wide variety of cancers. Kale is also excellent source of vitamin A, vitamin C, vitamin B6 and manganese, fibre, calcium, copper, vitamin B6, and potassium. This combination of vitamins, minerals, and phytonutrients makes kale a health superstar!

Kale Crisps are a simple snack food. Not only do they taste great, but they are an excellent way to get anyone comfortable with eating and enjoying more greens. (I did mine in a dehydrator, but it's possible to cook in your oven too).

### Ingredients:

- 2 bunches or large bag of organic kale
- Coconut Oil (or Olive Oil)
- Celtic Sea Salt. Himalyan Rock Salt
- 1/2 a lemon
- Honey or Agave Nectar

### Here's How:

- Wash and dry your kale thoroughly, chop if necessary
- Heat oven to 325/180
- Throw chopped kale into a mixing bowl.
- Take about 1/4 cup of coconut (or olive) oil and pour it over the chopped kale.
- Grind a little salt and sprinkle it over the kale.
- Squeeze juice of 1/2 a lemon over the kale.
- Massage the salt, oil and lemon into the kale for about 3 minutes. (Massaging the kale before you toss the honey or agave enables the kale to start breaking down and getting more tender. When the salt and lemon starts break down the kale, it also makes it easier for the kale to absorb the sweetness of the honey.
- If the kale seems a bit dry you can always add a little more oil into the mix.
- After you've massaged your kale for a few minutes, drizzle 1 tablespoon of honey or agave slowly over the massaged kale.
- Massage everything together once more for another 3 minutes. Really work the flavors into the kale with your hands. If you've done your job right, the massaged kale will take up about half the space that the plain kale took up in the mixing bowl.
- Spread on baking sheet/greaseproof paper and put in the oven.
- Bake for about 15 minutes, then turn over and cook until you have the 'crispiness' you prefer.

Enjoy!