HEALTHY TIPS

Healthy & Tasty: How to Make Delicious Kale Chips at Home

By bestfolkmedicine · 16/04/2019 · 2 min read



Without doubt, with more and more people trying to eat healthier and lead a healthier lifestyle, kale chips has become one of the most popular healthy snacks.

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This is why in today's article we will present a recipe for the most delicious baked kale chips which are crunchy, flavorful, and salty and you will want to eat them right out of the pan.

In addition to being good for you, this recipe is the easiest way to eat a lot of kale at once and fight off all those unhealthy snack cravings. In order to make the best chips, use in-season kale only.

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This super crispy kale chips will easily become one of your favorite Netflix night snacks, believe us.

DIY Kale Chips Recipe

For 4 servings, you will need the following ingredients:

A large bunch of curly kale

2 tsp of miso

2 tsp of tamari or soy sauce

2 tbsp of coconut oil

Sea salt, optional

2 rimmed baking sheets

Salad spinner

Preparation: First, set up 2 racks in the oven and preheat it to 300 degrees Fahrenheit. In the meantime, remove the stems from the kale leaves and place them in the salad spinner. Rinse the leaves with water and spin them dry.

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The kale needs to be extra dry in order to be very crispy. Then, tear it up and place it onto the baking sheets. Divide them between the two sheets. In a bowl, mix the miso and tamari and slowly add the oil and whisk until you get a homogeneous blend.

Now, pour the mixture evenly in both sheets and with clean hands, massage the mixture into the kale thoroughly. Spread the kale even and sprinkle the salt. Put the sheets onto the racks and bake for 20 minutes. Remember to rotate the sheets halfway through.

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Eat them within hours. Enjoy!

If you want to store them for later, put them in an airtight container and keep them at room temperature for up to 24 hours.

Sources:

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HEALTHY FOOD HOUSE

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