

Everything Kale Chips

The end of the year is when I start thinking about healthy recipes, because I know that after the holidays, I need to be prepared to get back to a healthy eating plan, and if I don't have any ideas, I will just resume eating leftover cookies, and other odds and ends I have sitting around after holiday parties.

In particular, I need healthy snacks, because I could live on snacks honestly — a third of my meals probably come from cheese and crackers alone — so I need snacks that are nutritious, but also tasty. I think I may have a hit with this one.

Kale chips are not new, but they're easy to customize to your liking, like this version made with Ava Jane's Kitchen Avocado Oil and Everything Bagel seasoning blend. The Everything Bagel seasoning is perfect here, because it gives them that punch of garlic and onion that makes them super addictive. And because they're *kale*, you can pretty much eat as many of them as you want. Which I've done, trust me.

You might be wondering if kale will really crisp up like potato chips — to does, with one caveat. You need to make sure your kale is as dry as possible before starting. Once you take them out of the oven, let them cool to room temperature and be amazed at how you now have a crunchy, salty snack that you can count on again and again.

Everything Kale Chips

Makes 2-3 cups

Prep time: 25 minutes

Ingredients:

1 bunch kale, torn into bite-sized pieces

2 tablespoons Ava Jane's Kitchen Avocado Oil

1 tablespoon Ava Jane's Kitchen Everything Bagel seasoning

Directions:

Preheat oven to 275 degrees F.

Toss the kale with the oil and seasoning, making sure to coat well.

Spread on a baking sheet in a single layer, avoiding overcrowding.

Bake for 15 minutes, stir the kale, and continue baking for another 5 minutes until it starts to crisp up.

Let cool completely before serving and sprinkle with additional seasoning if desired.