

Kale Chips



Kale chips are a savory, low-calorie, and low-carb keto snack.

1) All you need is washed and dried kale, olive oil, lemon juice, and salt.

2) Combine the kale with the seasonings and place on a lined baking sheet.

3) Bake the kale at 300 degrees Fahrenheit for about 15 minutes, or until the kale is crisp.

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