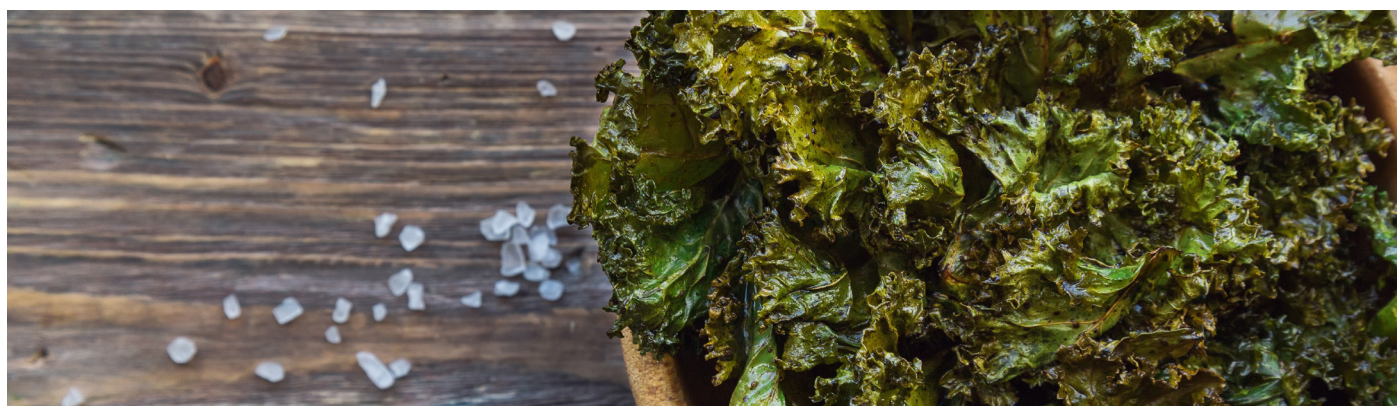


OVEN-BAKED KALE CHIPS



Time
25 min



Servings
4

Calcium Recommended Daily Intake
4.1%

Calories

98

Calcium

56mg

Protein

1g

Vitamin D

0 IU

Ingredients

- 1 whole head of kale
- 20-30ml of olive oil
- Pinch, to taste of salt

Instructions

1. Preheat the oven to 180 degrees and line a flat oven tray with baking paper.
2. Wash kale and pat dry thoroughly.
3. Drizzle with olive oil and lightly salt, rub vigorously for 2 to 3 minutes.
4. Lay kale on a lined oven tray and bake for 20 minutes.
5. Remove and set aside to cool, serve or store in an airtight container.



Find more calcium rich recipes:
<https://www.osteoporosis.foundation/patients/recipes>