



Healthy Now

FITNESS • NUTRITION • CATERING

All Dressed Kale Chips

This is a perfect snack to satisfy your salty, crunchy cravings and get your veggies in at the same time! Kale is a great source of fiber, vitamin A, C and K.



HealthyNow is dedicated to providing juice cleanses, wellness and performance juice packages to help you be healthier, and to support your workouts.

To order, call or text Christine at 647-210-0047 or email her at Christine@HealthyNow.ca
Check out our website for more info: www.healthynow.ca/new-juices





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You'll need:

- approx. ½ bunch kale leaves
- ½ tablespoon extra-virgin olive oil or melted coconut oil
- 1.5 tbsp of nutritional yeast (can get at Nature's Emporium, Sobeys or Superstore's health food section)
- 1 teaspoon garlic powder
- ¾ teaspoon chili powder
- ½ teaspoon onion powder
- ½ teaspoon smoked paprika
- ¼ teaspoon fine grain sea salt or pink Himalayan sea salt
- 1/8 teaspoon cayenne pepper (optional)

To make it:

1. Preheat oven to 300F and line a large rimmed baking sheet with parchment paper
2. Remove leaves from the stems of the kale and roughly tear it up into large pieces. Compost the stems (or freeze for smoothies). Wash and spin the leaves until thoroughly dry.
3. Add kale leaves into a large bowl. Massage in the oil until all the nooks and crannies are coated in oil. Now sprinkle on the spices/seasonings and toss to combine.
4. Spread out the kale onto the baking sheet into a single layer, but don't overcrowd the kale.
5. Bake for 10 minutes, rotate the pan, and bake for another 12-15 minutes more until the kale firms up. The kale will look shrunken, but this is normal. Bake for 25 minutes total.
6. Cool the kale on the sheet for 3 minutes before digging in! This really makes all the difference! Enjoy immediately as they lose their crispiness with time.

Enjoy!

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