Kale Chips

*Ingredients:*
1 bunch kale
1 t. sea salt
1/2 t. red pepper flakes
1 T. olive oil

*Directions:*
1. Preheat oven to 350 degrees
2. Cut and trim the stems from the kale.
3. Lay kale on baking sheet and sprinkle with salt and chili flakes.
4. Bake for 10-15 minutes - until very slightly browned and crispy.

Enjoy!

[http://spiceamecooks.wordpress.com/]