

## Keto Parmesan Kale Chips

### Description

*Crunchy and delicious chips.*

**Prep time:** Five minutes

**Total time:** Forty-five minutes

**Servings:** 4

### Ingredients

- 1 bag/bunch of kale (7.1 oz)
- 2 tablespoons of extra virgin olive oil
- 1/3 cup of grated vegan cheese (1.1 oz)
- A pinch of salt

### Instructions

1. First, preheat the oven to about 212 degrees F, then wash and drain the kale. Cut the kale into large pieces. Transfer into a bowl and add in the olive oil and a pinch of salt. Combine well using your hands.
2. Add in the half of the vegan cheese and combine properly. Place in a prepared baking sheet. Bake until crispy, about forty minutes.
3. Remove from the oven. Sprinkle the remaining cheese on the chips. Serve.