

Kale Chips

Make crispy, healthy kale chips at home! Simple 3-ingredient recipe with olive oil, cinnamon & brown sugar. Perfect vegan snack ready in 15 minutes.

4 min

PREP

5 min

COOK

9 min

TOTAL

6

SERVINGS

Easy

DIFFICULTY

Kale Chips

Ingredients

- 12 leaf kale
- 3 tbsp olive oil
- 1 tbsp cinnamon
- 1 tbsp brown sugar
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare the oven and baking sheet**

Preheat the oven to 163°C (325°F). Line a large baking sheet with parchment paper.
- 2 Prepare the kale**

Remove the thick stems from 12 kale leaves and discard them. Wash the leaves thoroughly under cold running water.
- 3 Dry the kale leaves completely**

using a salad spinner or by patting them dry with paper towels until no moisture remains.
- 4 Tear the dried kale leaves into bite-sized pieces**, roughly 5-8cm (2-3 inches) in size.
- 5 Make the seasoning mixture**

In a large mixing bowl, whisk together 3 tablespoons olive oil, 1 tablespoon cinnamon, and 1 tablespoon brown sugar until well blended.
- 6 Add 1 teaspoon salt and 1 teaspoon additional seasoning** to the mixture and whisk until combined.
- 7 Season the kale**

Add the torn kale pieces to the seasoning mixture. Massage the kale with your hands for 1-2 minutes until every piece is evenly coated and the leaves begin to soften slightly.
- 8 Bake the chips**

Arrange the seasoned kale in a single layer on the prepared baking sheet, ensuring pieces don't overlap or touch.
- 9 Bake for 10-12 minutes**, checking at 8 minutes, until the edges are crispy and the kale is dry but not burnt or brown.
- 10 Cool and serve**

Remove from oven and let cool on the baking sheet for 2-3 minutes until the chips become fully crispy. Serve immediately.

Tips

Choose fresh, crisp kale leaves and avoid any that are wilted or yellowing for the best texture and flavor in your finished chips.

Thoroughly dry the kale after washing using a salad spinner or paper towels, as any residual moisture will prevent the chips from becoming properly crispy.

Remove thick stems completely and tear leaves into uniform, bite-sized pieces to ensure even cooking throughout the batch.

Massage the oil and seasonings into the kale leaves with your hands to ensure every piece is evenly coated for consistent flavor and texture.

Arrange kale pieces in a single layer on the baking sheet without overlapping, as crowded leaves will steam rather than crisp up properly.

Watch carefully during the last 2-3 minutes of baking time, as kale chips can go from perfectly crispy to burnt very quickly.

Let the chips cool on the baking sheet for a few minutes after removing from the oven, as they'll continue to crisp up during this time.

Taste and adjust seasoning immediately after baking while the chips are still warm, as this is when additional salt or spices will adhere best.