



FYGmdnp Recipe

Roasted Veggie Blend Kale

- 2-3 cups of rinsed, organic kale (rip into chip size pieces)
- 1/4-1/2 cup of avocado oil (until kale is saturated)
 - 2 tbsp organic veggie blend (Brand we used Wellsley Farms from BJs)
 - 1 tbsp organic garlic powder
 - 1 tbsp of organic onion powder
- Pink Himalayan salt for taste (2-3 rotations of grinder)

1. Preheat oven for 375 degrees
2. Rinse kale and rip into chip size pieces. Lay on cookie sheet (line with parchment paper to limit the mess) Drizzle avocado oil over the kale.
3. Sprinkle veggie blend, onion, and garlic powder over the kale. You can sprinkle the pink Himalayan salt now if you wish, but its not necessary.
4. Massage the oils and spices into the kale until all is fully saturated.
5. Once oven is preheated, place in middle of oven rack for 20-25mins, or until crispy.
6. Remove from oven and let sit for 3-5 mins to cool down.
7. Ready to enjoy as a side or as a snack on its own.

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