

Activity Share: **Cooking Kale Chips**

Age group: Preschool Age

Materials Needed:

- 1 Bunch of Kale
- 2 Tablespoons of olive oil
- Brushes to “paint” the olive oil on to the kale.
- * Oven preheated to 325 degrees

Directions:

- Use only the leaves of the kale, remove the tough stalk. Tear the leaves into medium sized pieces.
 - Place the leaves on a cookie sheet.
 - We support the children to “paint” the olive oil on to the leaves to make them shiny. When all sides of the kale leaves are coated, bake them for about 30 minutes, until the leaves are slightly brown. You will be able to smell the kale aroma.
 - Remove from the oven, cool and enjoy!
 - Store in a container with a loosely fitting lid.
- (Recipe from Joyfoodsunshine.com)

