



Kale Chips with CBD Oil

Prep Time: 10 minutes

Cook Time: 1 hr 40 minutes in the oven or
3-4 hours in dehydrator

Yield: 4 servings/10mg CBD per serving

Ingredients

1 bunch organic Lacinato kale (about 1 pound)

2 teaspoons minced garlic

zest of 1 lemon

juice of ½ lemon (about 2 tablespoons)

3 tablespoons olive oil

1/8 teaspoon sea salt

40 mg CBD oil

2 tablespoons hemp seeds

freshly cracked black pepper

Preparation

1. Cut or tear kale into 1 inch pieces, discarding any large stems. Add to large bowl and set aside.
2. Mix together garlic, lemon zest, juice, olive oil, sea salt, cbd oil and hemp seeds in a small bowl.
3. Pour mixture over kale and toss to combine.
4. Evenly spread kale chips on dehydrator trays and dehydrate at 125 F for 4 hours. If baking- spread kale chips evenly on baking sheet and bake at 200 F for 1 hour and 40 minutes, rotating pan after the first hour.
5. Store in loosely covered bowl at room temperature.

Chef's notes; Lacinato kale also known as Tuscan or black kale was tested for this recipe. Substitute green curly kale if necessary.

Recipe provided by Chef Teresa Hansen www.chefhansen.com

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