

# Kale Crisps

**Description:** easy recipe to batch make.  
Great for lunch box snacks.

## Ingredients:

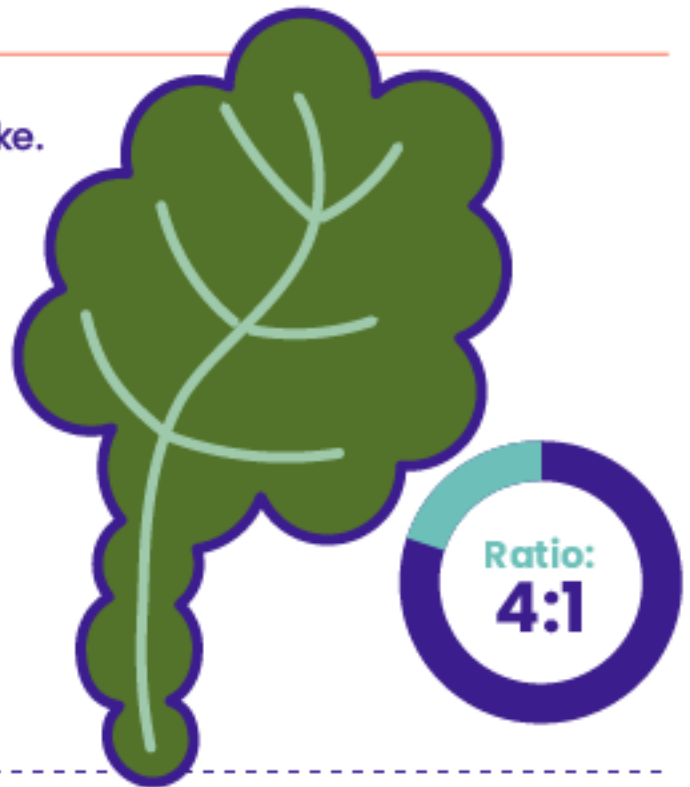
61g curly kale, raw

13ml MCT Oil

2g salt

1g pepper, black

3g paprika



## Directions:

1. In a bowl, place the kale and MCT oil and toss everything together, making sure you coat all the kale in the oil.
2. Place onto a lined baking sheet and bake at 150c for 10/15 minutes, turning halfway through.
3. In a small bowl mix the salt pepper and paprika.
4. Once the kale is crisp, remove from the oven and sprinkle over the seasoning.
5. Allow to cool and store in an airtight container until needed.

## Nutritional information (for entire recipe):

Carbohydrate: 0.85

Calories: 141

Fat: 13.75

Protein: 2.59

Ratio: 4:1



### Disclaimer:

This recipe is for patients or carers of patients who have been prescribed the KetoCal range by a healthcare professional. The KetoCal range are Foods for Special Medical Purposes, for the dietary management of drug resistant epilepsy, and must be used under medical supervision. Always follow the advice of your Healthcare Professional and ensure you consult them before making any changes to your diet.

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