

# Guilt-Free Air Fryer Salt & Vinegar Kale Chips

Cook Time 6 minutes  
Serves 4



## Ingredients

- 1 bag of fresh curly kale
- 2 tbsp rice vinegar
- 2 tbsp olive oil
- 1 tsp kosher salt

## Instructions

1. Remove and discard all stems.
2. Add to bowl. Drizzle olive oil and vinegar over kale leaves and add your salt. Mix thoroughly. Make sure to cover all of the kale in the tasty mixture.
3. Preheat the Air Fryer to 370°.
4. Add half of the kale leaves and cook for 3 minutes. Give it a quick toss and cook for another 3 minutes. Repeat this step to cook remainder of the kale.

Vegan / Gluten Free / Paleo / Keto / Low Carb / Whole30