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RECIPES

# CACAO KALE CHIPS WITH DARK CHOCOLATE

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THIS SNACK IS A HEALTHY, CRUNCHY DELIGHT



Photo courtesy: Dr. Malini Saba

A quick bite to pair with your afternoon tea, these cacao kale chips will keep you going through the day.

Reputed to be “superfoods”, both kale and dark chocolate offer a plethora of health benefits. Dark chocolate, containing at least 70% cocoa, is rich in flavonoids and potent antioxidants that combat oxidative stress, reduce inflammation and the risk of chronic diseases.

Kale is a leafy green powerhouse loaded with calcium, potassium, vitamins A, C, and K, and supports healthy bones, the immune system, and aids proper blood clotting. It has a high fiber content which aids digestive health.

A combination of dark chocolate and kale is a delicious way to improve overall well-being, support cardiovascular health, and uplift your mood.

## Recipe for Cacao Kale Chips with Dark Chocolate

Recipe Courtesy Dr. Malini Saba, culinarian, and author of cookbook “The Abbreviated Cook”)

### Ingredients

1 bunch fresh kale (about 9 ounces), washed and dried

1 tablespoon coconut oil or olive oil

2 tsp raw cacao powder

2 tablespoon dark chocolate chips (minimum 70% cacao)

1/2 teaspoon sea salt (adjust per your taste)

1/4 teaspoon cayenne pepper

### Steps

Preheat your oven to 325 degrees F.

Remove the tough stems from the kale leaves and tear them into bite-sized pieces.

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In a large mixing bowl, drizzle the coconut oil over the torn kale leaves. Massage the oil into the leaves until they are well coated. This helps soften the kale and makes it crispier when baked.

Sprinkle the raw cacao powder over the kale leaves and toss to ensure even coating.

Melt the dark chocolate chips in a heatproof bowl. You can do this by microwaving in short bursts or by using a double boiler. Drizzle the melted chocolate over the kale.

For seasoning, sprinkle sea salt and cayenne pepper over the kale for added flavor. Toss everything together until the kale is evenly coated with the cacao, chocolate, and seasonings.

Line baking sheets with parchment paper. Arrange the kale leaves in a single layer, ensuring that they are not overcrowded.

Bake in the preheated oven for about 12–15 minutes or until the edges of the kale are crisp. As you bake monitor the leaves to ensure they do not burn.

Remove the kale chips from the oven and let them cool on the baking sheets for a few minutes.

Once completely cooled, store the cacao kale chips in an airtight container to maintain their crispiness.

Enjoy as a midday snack or with afternoon tea or coffee.

TAGS: [KALE](#), [#DARK CHOCOLATE](#)