**Roasted Kale**

**Ingredients**

Large head or bag of kale

½ cup melted extra virgin coconut oil

1 tsp. rock salt

1 tbsp. balsamic vinegar

**Instructions**

Preheat oven to 220 degrees C/fan 200 degrees C/gas mark 7.

Put the kale in a roasting dish and cover with the melted coconut oil and rub the oil in well. Pour the vinegar over the kale and mix in and then sprinkle over with the salt.

Bake the kale in the oven for 5 minutes or until it starts to turn a little brown.

Keep an eye on it, it can burn quickly.

Turn the kale over and bake for another 5 minutes.

Remove and serve.