



## Broccoli Stem Chips

Broccoli stems, though not as colorful nor flavorful as their more desired florets, are just as nutritious. Actually, gram for gram, the stems contain slightly more calcium, iron and Vitamin C. No seriously. The dark green florets only provide more Vitamin A. My girls LOVE these "Incredible Hulk Fingers"

**Serves: 4, Prep time: 10:00, Cook time: 00:15**

### Instructions

Chop up the stems thinly into as many thin chips as desired

Place in a bowl and mix through with olive oil, black pepper, and salt to taste.

Lay out on an oven baking tray (with baking paper underneath)

Bake for 15min or until the edges turn golden brown.

Serve and eat!

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### Ingredients

- 3 cups Broccoli, Stems
- 3 tablespoon Extra virgin olive oil
- 1 pinch or to taste Sea salt (flaky)
- 1 pinch or to taste Black pepper