Kelp Crisps

<https://www.bbcgoodfood.com/recipes/61601/kelp-seaweed-crisps>

Ingredients:

300g of fresh Scottish kelp (warry blades)

Method

1. wash the kelp thoroughly in cold water
2. soak in fresh water for 5 - 10 mins (the longer you do the less salty it is)
3. cut the kelp into crisp size pieces
4. place on a baking tray (no grease or oil)
5. place in a hot oven at 200/fan 220/gas 6 for 10 mins (keep your eye on it, may take less time)
6. the kelp will turn green then brown ,
7. remove from oven when crisp
8. serve hot or cold