

Carrot Chips

Oscar · 28/09/2024



Prep Time

22 mins

Difficult

Easy

Servings

4

Description

This is a healthy alternative to potato chips and taste salty and sweet like sweet potato fries This recipe is inspired by other recipes on the internet that I have played with The thinner the slices the crunchier the chips

Ingredients

- - 4 carrots
- washed - 2 teaspoons extra-virgin olive oil - ¼ teaspoon salt

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Put one rack on the highest level in the oven and another on the bottom. Peel carrots into thin strips using a vegetable peeler; put into a large bowl. Drizzle olive oil over the carrot strips and toss to coat. Season with salt; toss again. Spread carrots onto 2 baking sheets in a single layer
2. preventing overlap. Put one baking sheet on the top rack and the other on the bottom. Bake carrots in preheated oven for 6 minutes
3. switch racks
4. and continue baking until the carrots are crisp
5. about 6 minutes more. Cool chips until cool enough to handle before serving.