

## GARLIC PEPPER CARROT CHIPS

23

- SOYF, SF, GF, EF, VN, VG

## INGREDIENTS

- 3 Large Carrots
- 3 tsp. Macadamia oil, Divided
- 3/4 tsp. Himalayan rock salt
- 1/2 tsp. Black Pepper, Ground
- 1/2 tsp. Garlic powder

SERVES 4

## NUTRITION INFO

CALORIES

66

TOTAL FAT

4g

SAT. FAT

0.5g

SODIUM

430mg

TOTAL CARBS

6g

FIBRE

4g

SUGARS

5g

PROTIEN

1g

## METHOD

- 1 Evenly Space three racks in your oven then preheat to 150C. Line three baking trays with baking paper.
- 2 Slice Carrots into 1/2 cm thick slices.
- 3 Pour 1/2 tsp. of oil onto each prepared baking sheet, use pastry brush to coat baking paper then place sliced carrot on the trays making sure they are not touching. Brush vegetables with remaining oil and sprinkle with salt and pepper and garlic.
- 4 Place baking trays in oven, bake for 20-30 mins. Rotate the trays every 7-10 mins until brown. Remove from oven and serve.