

## CHILLI SWEET POTATO CHIPS

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

### INGREDIENTS

- 2 Small Sweet potatoes
- 3 tsp. Macadamia oil, Divided
- 3/4 tsp. Himalayan rock salt
- 3/4 tsp. Chilli powder

SERVES 2

### NUTRITION INFO

**CALORIES**

160

**TOTAL FAT**

7.6g

**SAT. FAT**

1.1g

**SODIUM**

600mg

**TOTAL CARBS**

19.6g

**FIBRE**

4.2g

**SUGARS**

7.7g

**PROTIEN**

3g

### METHOD

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