



Sweet Potato Chips

Kid Friendly

Low Fat - High Fiber

Ingredients

Servings: 2

Prep Time: 10 minutes

Cook Time: 25 minutes

- 2 **sweet potatoes**, large
- 2 **tbsp oil**
- 1/4 **tsp salt**

Optional seasonings: garlic powder, onion powder, rosemary, black pepper.

Directions

1. Preheat oven to 300°F. Line baking sheet with parchment paper.
2. Wash and dry sweet potatoes. Slice thin and uniformly using a sharp knife, vegetable peeler, or mandolin.
3. Toss slices in bowl with oil.
4. Lay out slices in a single layer on a sheet pan and sprinkle with salt and other seasonings.
5. Bake for 20-25 minutes until crisp. Cool for 5 minutes.