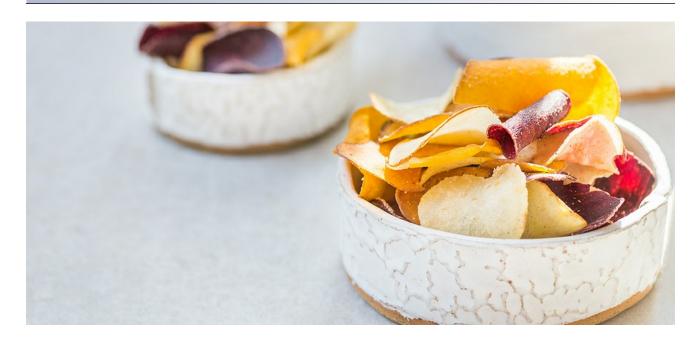
## Baked Root Vegetable Chips



## INGREDIENTS

One of each of the following:

**Sweet Potato** 

Parsnip

Golden Beets

Carrot

Turnip

2 teaspoons Sea Salt

3 tablespoons Coconut Oil

## DIRECTIONS

- 1. Preheat oven to 400 degrees.
- 2. Slice all vegetables 1/16" thick.
- 3. Place sliced vegetables in a bowl, thoroughly cover with 2 teaspoons sea salt (sea salt draws water from the vegetable slices) and set aside for 15 minutes.
- 4. Remove vegetable slices from the bowl, place on paper towels, and blot well. (The drier the vegetables are, the crisper they become when baking.)
- 5. Return to the bowl, add 3 tablespoons coconut oil, and thoroughly coat with oil.
- 6. Layer in a single layer on a baking sheets. Makes 4 to 5 batches.
- 7. Cook each batch 20-30 minutes until slightly browned and crispy.