

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.