

YIELD: 2 SERVINGS

CRISPY BAKED CARROT

CHIPS: 2 WAYS

These crispy baked carrot chips are done two ways. One version is spicy, one is sweet. Both are delicious.



PREP TIME	COOK TIME	TOTAL TIME
5 minutes	10 minutes	15 minutes

INGREDIENTS

FOR SWEET CARROT CHIPS

- 1 carrot, sliced very thinly into rounds
- 1/2 tablespoon melted coconut oil
- pinch of kosher salt
- cinnamon (I used about 1/2 teaspoon for a "light" cinnamon taste)

FOR SPICY CARROT CHIPS

- 2 carrots, shaved into peels using a vegetable peeler
- 1/2 tablespoon melted coconut oil
- pinch of kosher salt
- 1/2 teaspoon ground pepper
- 1/4-1/2 teaspoon cayenne pepper (depending on heat preference)

INSTRUCTIONS

1. Preheat oven to 425 degrees and line a baking sheet with parchment paper.
2. Combine carrots (either rounds or peels depending on which version you're making) in a medium bowl with coconut oil & spices. Toss to combine.
3. Transfer to the baking sheet and arrange in a single layer.
4. Bake for 10-12 minutes, watching carefully. Chips can go from crispy to burnt in as little as a minute since they are so thin.
5. Remove from oven and serve immediately.