



CRUNCHY CARROT CHIPS

GREEN ACT/SA / EVERYDAY NSW

Makes 20 serves

Ingredients:

- 8 large carrots
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1 teaspoon onion powder

Method:

1. Preheat oven to 180°C.
2. Cut carrots into thin carrot rounds.
3. In a large bowl, add the olive oil, paprika and onion powder. Toss to coat.
4. Spread the seasoned carrot rounds onto lined baking trays, making sure no pieces are overlapping.
5. Bake for 5 minutes before removing from oven to toss carrot chips and rotate trays if necessary. Then, bake for another 5 minutes or until the carrot pieces become crispy.
6. Cool to serve.

Tips:

- This is a great recipe to use if you've got leftover carrot peel you would otherwise waste.

Variations:

- This recipe also works with potato and parsnip.
- Substitute the paprika and onion powder for cinnamon and honey.

Nutrition information:

	Per serve (27g)	Per 100g
Energy (kJ)	62	229
Protein (g)	0.24	0.87
Fat – total (g)	0.67	2.5
Saturated (g)	0.1	0.37
Carbohydrates – total (g)	1.4	5.3
Sugar (g)	1.4	5
Sodium (mg)	10	37.2
Fibre (g)	1.1	4