

BEETS & SWEETS HEART-SHAPED CHIPS

Yield: 6 Servings | Serving Size: 1/2 cup

Cost/Serving: \$1.16

Ingredients:

5 beets, rinsed and scrubbed, do not peel

2 sweet potatoes, rinsed and scrubbed, do not peel

3 tbsp olive oil Sea salt to taste

Directions:

1. Preheat oven to 400° F.

- 2. Slice the beets and sweet potato thinly using the slicing blade of a food processor, mandolin, or sharp knife. They should be the thickness of a thick potato chip. Cut them as consistently as possible.
- 3. Cut sliced rounds with metal heart-shaped (or what whatever you prefer) cookie cutter.
- 4. On a cookie sheet, toss chips with olive oil and salt.
- 5. Spread evenly on cookie sheet.
- 6. Roast 20-30 minutes turning halfway through, until crisp. Check often to make sure they don't burn.
- 7. Use toothpicks or small cups to serve samples.

Tip! A food dehydrator is an easy way to cook these chips without an oven.

Recipe Source: Nourishing Balance, MT Harvest of the Month

Nutrition Facts 6 servings per container 1/2 cup (0.0g) Serving size Amount Per Serving Calories % Daily Value* Total Fat 7g Saturated Fat 1g 5% Trans Fat 0g Cholesterol 0mg 0% **7**% Sodium 170mg Total Carbohydrate 15g 5% Dietary Fiber 3g 11% Total Sugars 6g Includes 0g Added Sugars 0% Protein 2g

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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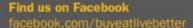


Vitamin D 0mcg

Calcium 20mg

Potassium 370mg

Iron 0.8mg









0%

2%

4%

8%