

Carrot Chips

Ingredients

2 large carrots (or 3 medium)
1/2 teaspoon olive oil (or melted coconut oil)
1/8 teaspoon sea salt



Directions

1. Preheat oven to 350°F.
2. Wash and peel the carrots. Using a mandoline slicer or a knife, tilt the carrot, and thinly slice diagonally to make oval-shaped pieces — if they're too thick, they'll be soft instead of crunchy.
3. Place the carrot slices in a bowl, and toss with olive oil and salt.
4. Lay the carrots in a single layer on a cookie sheet lined with a [Silpat](#) or parchment paper.
5. Bake for 15 to 20 minutes, or until the carrots are dry and crisp. Watch them carefully toward the end, as they can burn quickly.

Nutrition Facts	
Serving Size 1 serving (147.1 g)	
Amount Per Serving	
Calories 79	Calories from Fat 24
% Daily Value*	
Total Fat 2.7g	4%
Saturated Fat 0.3g	1%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 333mg	14%
Potassium 461mg	13%
Total Carbohydrates 13.8g	5%
Dietary Fiber 4.1g	16%
Sugars 6.9g	
Protein 1.4g	
Vitamin A 481%	• Vitamin C 15%
Calcium 4%	• Iron 2%
* Based on a 2000 calorie diet	