

## Title: Baked Carrot Chips

<u>Code</u>
GF, DF, V, \$, Q

<u>Nutrition Facts:</u>	
Yield	2 servings
Calories	40
Total Fat	1g
Sat Fat	0g
Sodium	50mg
Added Sugar	0g
Fiber	2g
Carbohydrates	7g
Protein	0g

### Ingredients Needed:

- 2 large carrots
- ½ teaspoon olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon cayenne pepper

### Recipe Directions:

1. Preheat the oven to 350°F. Prepare a baking sheet with non-stick cooking spray.
2. Peel the carrots and chop off both ends. Using a sharp knife, make thin slices so you have oval-shaped carrot chips.
4. Toss the carrots with the olive oil, salt and cayenne pepper. Place the carrot chips in a single layer on the baking sheet and bake in the oven for around 25 minutes, until dry and crispy. The smaller chips will bake faster than the larger ones, so feel free to remove them from the oven early if they are ready.

