

The simplest way

... to make baked vegie chips

Serves: 4 | Prep time: 15 min | Cooking time: 20 min

Ingredients

- 1 sweet potato, peeled
- 2 carrots, peeled
- 2 parsnips, peeled
- 1 large beetroot, peeled
- Sprigs of fresh rosemary or thyme
- Olive oil spray
- Sea salt



Method

Pre-heat oven to 190°C. Slice all the vegies into thin rounds. Spread them out on paper towels and blot dry, ensure they're as dry as possible.

Line a baking tray with foil and lightly spray with olive oil. Spread the vegies and herbs on the tray and spray them with olive oil and add a dash of salt. Bake for approx. 20 minutes, checking every 5 mins. to ensure they're not burning. Remove any that are brown and crispy before the others.

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