

BAKED FRUIT & VEGGIE CHIPS 4 WAYS

SWEET POTATO CHIPS

INGREDIENTS:

- 1 large sweet potato or yam
- 4 tablespoons olive oil
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon thyme

DIRECTIONS:

1. Preheat oven to 400°F/200°C.
2. Cut sweet potato into ±½-inch to ±½-inch slices.
3. In a medium bowl, toss slices with olive oil and seasonings until fully coated.
4. Arrange slices on a baking sheet.
5. Bake for 25 - 35 minutes, flipping halfway.
6. Allow slices to cool to room temperature.
7. Enjoy!