

Sweet Potato and Thyme Chips

PREP TIME: 15 MINUTES
COOK TIME: 30-35 MINUTES

YIELDS: 1.5-2 CUPS

Ingredients

- 2 sweet potatoes, raw
- 2 teaspoon olive oil
- 1/8 teaspoon sea salt
- 1/8 teaspoon dried or fresh thyme

Nutrition Content for 1/2 Recipe

Calories: 252kcal	Carbohydrates: 48.8g
Fat: 4.9g	Fiber: 7.8g
Protein: 4.7g	Added sugar: 0g
Sodium: 230.9mg	



Directions

1. Using a mandolin, carefully slice the raw sweet potato. If a mandolin is not available, a sharp knife can also be used.
2. Preheat the oven to 350 ° F.
3. Cover a baking sheet with parchment paper.
4. In a bowl, toss the sweet potato slices in olive oil and seasonings.
5. Spread the sweet potato slices over the parchment paper covered baking sheet.
6. Bake for 30-35 minutes until golden and crispy.
7. Serve warm or room temperature.

Chef Tips/Adjustments

- The sweet potato should be cut very thin and uniform to create a crunchy, even texture.
- This recipe can also be cooked in an air fryer or convection oven.
- The chips can be stored in a sealed bag at room temperature for 3-5 days.
- Recipe yield varies depending on size of sweet potatoes.

Qualities

- Texture: Crunchy
- Rating for Scent: 2/10
- Spice Level: 0/10

Recipe Benefits

- Gluten Free

