



## Crispy Baked Sweet Potato & Beet Chips

Makes 4 servings. Recipe from [Healthy Happy Mama](#).

### Ingredients

2 beets, peeled and thinly sliced  
1 large sweet potato, thinly sliced  
*(don't bother to peel the sweet potatoes. Slice part of it vertically, and part of it horizontally for different shaped chips)*  
olive oil cooking spray  
sea salt

### Nutritional info per serving

Calories:	64
Total fat:	1g
Cholesterol:	0mg
Sodium:	105mg
Total Carbs:	19g
Protein:	366g

### Directions

1. Preheat oven to 350 degrees. Generously spray 2-4 baking sheets with the olive oil cooking spray. If you have a large oven, you can do these all at once.
2. Place the thin slices on the baking sheet so they are not touching or overlapping.
3. Spray the top with olive oil spray and sprinkle with your desired amount of sea salt. Bake for 10 minutes, then remove the trays and flip the chips over. We find the easiest way to do this is using a fork to lift the chip off the pan and then flipping the chip over with our fingers.
4. Bake for another 5-9 minutes. You have to watch the chips at the end to catch them at just the right time and not allow them to burn. When they look like they are just starting to brown, they are ready. It really depends on your oven, the size of your chips, etc.
5. When you first pull them out of the oven, they will not feel crispy. Allow them to sit for a minute or so on the pan and they will crisp up. If they don't, they need another minute or two in the oven. These should be crispy, not soft or soggy at all!

### NOTE:

We recommend getting a mandoline. It will save you time and effort and create vegetable slices that bake up to crispy chips like no other.