

NUTRI BAN

A PLANT BASED SNACK

CAMOTE FRIES WITH TANGY DIP



NUTRITION FACTS

60.1 g Carbohydrates
27.1 g Protein
8.7 Fat
421 Calories
129.2 mg Sodium

INGREDIENTS

Camote Fries:

- ½ medium sweet potato, peeled
- ½ tablespoon canola oil
- ¼ teaspoon kosher salt
- ⅛ teaspoon pepper
- ⅝ teaspoon garlic powder
- ⅝ teaspoon ground sweet paprika

Tangy Dip

- ½ sachet or 25g Aminoleban® Oral powder
- ½ cup greek yogurt plain
- 1 garlic clove minced or grated
- 1 tablespoon chives fresh, minced
- pinch kosher salt

PROCEDURE

Air fried Camote Fries:

1. Preheat the air fryer to 400 degrees F (200 degrees C).
2. Cut sweet potato into 1/2-inch wide fries. Place in a bowl with canola oil; toss to coat. Season with salt, pepper, garlic powder, and paprika; mix until all fries are evenly coated.
3. Working in batches if necessary, place an even layer of fries in the air fryer basket.
4. Cook in the preheated air fryer until golden, about 10 minutes. Repeat to cook remaining fries.

Tangy Dip:

1. Combine all the ingredients in a bowl.
2. Mix until everything is incorporated.
3. Cover and refrigerate until ready to use.