



## Baked Beet Chips ( ES )

Serving: 1

Veg

### *Ingredients*

- Raw Beet root- 1
- Olive oil-  $\frac{1}{4}$  tsp
- Salt- as per taste

### *Preparation Method*

- 1. Heat oven to 350°F. Peel 1 small uncooked beetroot and cut into thin slices. Toss with  $\frac{1}{4}$  olive oil and salt.
- 2. Spread slices onto baking sheet in a single layer and bake for about 10 minutes.
- 3. Flip beet root slices and bake for an additional 5 to 10 minutes, or until beet root slices have dried out and become crisp.
- 4. Cool before serving. Chips can be stored in an airtight container for up to three days.