

# roasted root vegetable chips

**Makes 4 servings**

**PREP TIME:** 10 minutes

**COOK TIME:** 20-40 minutes

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2 large beets, sweet potatoes, turnips or other root vegetable of choice

2-3 tsp avocado oil

¼ tsp salt

½ tsp pepper

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**NOTE:**

- **Cooking time changes based on the thickness of the chips.**

PREHEAT oven to 400°F or air fryer to 350°F.

THINLY slice root vegetables.

PLACE root vegetable slices in a bowl and toss with oil, salt and pepper.

**OVEN METHOD**

LAY slices onto 1-2 baking sheets lined with parchment paper. Don't overlap.

BAKE for 20-40 minutes, flipping halfway through. Chips will be crispy when done.

**AIR FRYER METHOD**

PLACE half of the slices in the air fryer basket.

COOK until dry and crisp, 20-30 minutes, shaking the basket every 5 minutes. Chips will be crispy when done.

REPEAT with remaining slices.

