



Baked Rosemary Beet Chips

SERVES: 3

INGREDIENTS:

- 3 medium-large beets, rinsed and scrubbed
- Olive or avocado oil
- 1 pinch each sea salt & black pepper
- 2-3 sprigs rosemary, roughly chopped

METHOD:

1. Preheat oven to 190°C and place oven rack in the centre of the oven
2. Thinly slice beets with a mandolin (or a sharp knife), getting them as consistently thin as possible. They should curl a little when cut. This will ensure even baking and crispiness
3. Divide between two baking sheets and spray or very lightly drizzle with olive oil. Add a pinch of salt, pepper, and the rosemary. Toss to coat. Then arrange in a single layer, making sure the slices aren't touching.
4. Bake for 15-20 minutes or until crispy and slightly brown. Be sure to watch closely past the 15 minute mark as they can burn quickly.
5. Remove from the oven. Let cool. Then serve

