



Paleo Parsnip Chips

Active Time: 10 minutes | **Total Time:** 40 minutes | **Serves:** 4

Nutrition Information Per Serving

67.7 calories, 8.99 g carbohydrate, 2.45 g fiber, 6.54 g NET carbs, 0.6 g protein, 3.65 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 1 Tbsp organic virgin coconut oil, melted
- 2 medium(s) organic parsnips, very thinly sliced

Preparation

1. Preheat the oven to 350 degrees F. Line a baking sheet with unbleached parchment paper.
2. Pour oil over parsnips and toss to coat.
3. Place the parsnips on baking sheet in an even layer. Sprinkle with salt.
4. Bake parsnips for 15 minutes, then flip and bake another 10-15 minutes to crisp.
5. Serve immediately.

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