



Beets & Sweets Heart-Shaped Chips

A food dehydrator is an easy way to cook these chips without an oven.

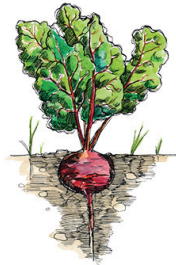
Source: Adapted from Nourishing Balance

Servings

6

Ingredients

- 5 beets, *rinsed and scrubbed, do not peel*
- 2 sweet potatoes, *rinsed and scrubbed, do not peel*
- 3 Tbsp olive oil
- Sea salt to taste



Preparation

1. Preheat oven to 400°F.
2. Slice beets and sweet potato thinly using the slicing blade of a food processor, mandolin, or sharp knife. They should be the thickness of a thick potato chip. Cut them as consistently as possible.
3. Cut sliced rounds with metal heart-shaped (or whatever you prefer) cookie cutter.
4. On cookie sheet, toss chips with olive oil and salt.
5. Spread evenly on cookie sheet.
6. Roast 20-30 minutes turning halfway through, until crisp. Check often to make sure they don't burn.
7. Use toothpicks or small cups to serve samples.

Dig Deeper

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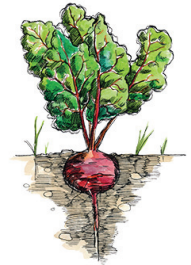
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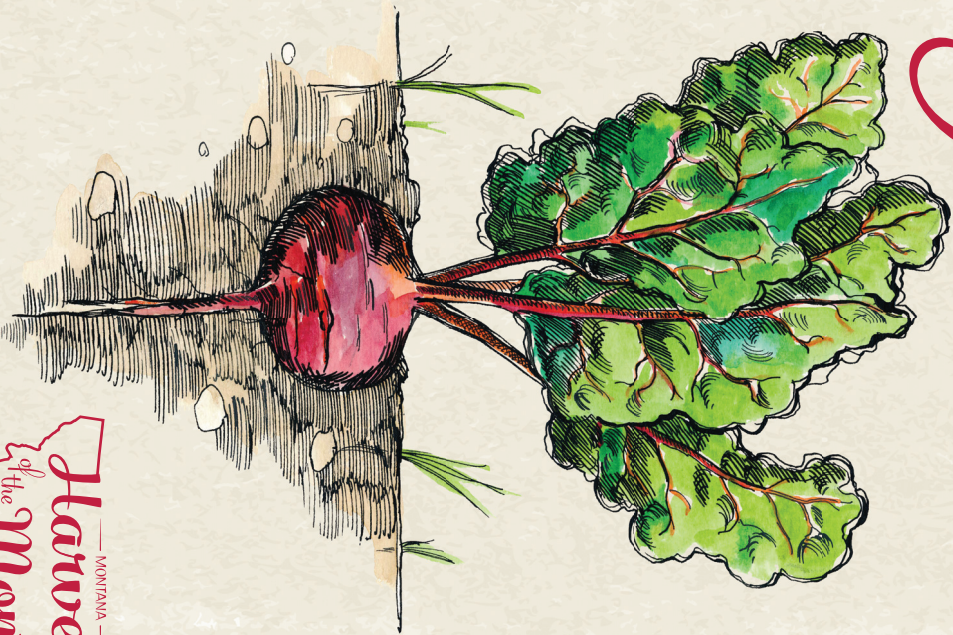
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