



Sweet Potato Crisps

Serves 2 as a snack

Prep time: 5 minutes

Cooking time: 10 minutes

Per portion

Calories: 108

Fat: 1.3g

Saturates: 0.2g

Carbs: 21.3g

of which sugars: 5.7g

Fibre: 2.4g

Protein: 1.2g

Salt: 0.6g

Ingredients:

- 1 large sweet potato – approx. 200g
- Pinch of sea salt
- Rapeseed oil spray

Instructions:

Wash the sweet potato, and pat dry – do not peel

Pre-heat the oven to 210C, 415F, Gas mark 7

Slice into very fine slices using a vegetable peeler or mandolin onto kitchen paper to absorb any moisture. Cover with kitchen paper and pat well.

Lay out in a single layer on a non-stick baking tray. Season with a pinch of salt and lightly spray with oil spray.

Bake in the oven for 8-10 minutes until crisp

Remove from the oven and cool on a wire rack. When cold place in bowls and serve.