

VEGETABLE CHIPS

PREPARATION

Peel the vegetables, slice them thinly*, and toss them in a bowl with oil and salt. Spread the sliced vegetables loosely on a baking sheet lined with parchment paper. Place in the (preheated) oven and bake for approximately 50 to 100 minutes at 140°C (convection oven) or let them dry. Open the oven door occasionally to allow the moisture to escape.

*Tip: I slice the vegetables thinly with a large kitchen knife – but you can also use a vegetable peeler. ;-)

INGREDIENTS

Chickpeas
Beetroot
Cumin
Pepper
Salt
Olive oil
Apple vinegar
Apple
Feta

