

Beet Chips



Ingredients

enough canned beets to fill your tray(s)
ground cumin

Or

ground cinnamon and turmeric

Or

spices of your choice

Directions:

1. Slice beets to 1/8" thick pieces
2. Spread sliced beets in a single layer on a tray lined with parchment paper or silicone mats
3. Sprinkle with seasonings to your desired taste
4. Pre-freeze
5. Freeze dry (My cycle time was 28 hours)

Rehydration:

Not intended for rehydration. These are meant to be enjoyed as a healthy chip snack!

Notes: These are a great road trip snack. Use as a healthy alternative to potato chips. Beets contain antioxidants and have anti-inflammatory properties among other health benefits

Nutritional Value Per 1/3 cup of beet chips

Calories: 45 Protein: 1 g Fat: 0 g Carbohydrates: 10 g Sugar: 8 g Fiber: 2 g