

Carrot Chips

8 medium carrots is about 4 cups, sliced



Ingredients

1 lb bag of carrot chips (about 4 cups)

Or

Fresh carrots (4 carrots is about 4 cups, sliced)

homemade Traeger rub

salt and/or pepper to taste

or spices of your choice

Directions:

1. Spread carrots out on tray
2. Sprinkle on seasoning to your desired taste
3. Pre-freeze
4. 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 great road trip snacks. Use as a healthy alternative to potato chips.

Nutritional Value Per ¼ of the 1lb bag

Calories: 47 Protein: 1 g Fat: 0 g Carbohydrates: 11 g Sugar: 7 g Fiber: 3 g