

# Carrot Chips

*1 bag of sliced carrot chips is about 6 cups*



## Ingredients

**1 lb bag** of carrot chips  
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 a great road trip snack. 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