

Sweet Potato Chips

This recipe makes as much as you wish to prepare



Ingredients

Sweet potatoes or yams
Smoked paprika
Pumpkin pie spice

Or any of your preferred spices for flavor.

Directions:

1. Remove the ends of the yams or sweet potatoes. It is your preference if you want to skin them.
2. Run them through a food processor to slice them evenly.
3. Blanch: Boil water, dunk potatoes in boiling water for 3-4 minutes, then dunk in an ice bath for several minutes
4. Line your trays with parchment or silicone
5. Evenly spread blanched potatoes or yams onto your trays.
6. Sprinkle or dust with your preferred seasonings
7. Repeat steps 4- 6 to double layer these with a sheet of parchment between the layers.
8. Pre-freeze when possible
9. Freeze dry (my cycle time was 19 hours)
10. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended for rehydration. Sweet potato chips make a great, non-greasy, crispy snack without rehydrating!

Notes:

Sweet potatoes have some of the highest density of Vitamin A around! I recommend playing around with your seasonings because they are a bit bland when plain.

Nutritional Value Per 1 cup

Calories: 115 Protein: 2 g Fat: 0 g Carbohydrates: 27 g Sugar: 8 g Fiber: 4 g