



Healthy Skin ✦ Healthy Life™



HOMEMADE SWEET POTATO CHIPS

INGREDIENTS

- Sweet Potatoes
- Canola Cooking Oil Spray
- Salt

INSTRUCTIONS

Prep time: 5 mins. | Cook time: 4-5 mins.

- Wash the sweet potatoes and peel off the skin, if desired
- Slice the potatoes into equal sized slices.
- Lay a piece of parchment paper on top of the removable microwave turntable plate. Trim the parchment paper edges so it does not jumble up when the plate spins.
- Lay the sweet potato slices on the parchment paper, spray them lightly with the cooking spray, and sprinkle them with salt, if desired.
- Microwave for 4 - 5 minutes, depending on the power of your microwave and the thickness of the slices. Microwave straight for 4 minutes then give them a check. The edges will start to curl and the sweet potato will turn a significantly darker color. They do burn quickly - so if they need an extra minute - keep an eye on them.
- Once done let cool for at least 30 seconds - this will give them that awesome crispiness.
- Enjoy!



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