Beet Chips

Prep Time: 15 min **Cook Time:** 45 min **Servings:** 4

Crispy Beet Chips are the perfect nutritious snack. These are both kid, and non-beet lover friendly. You'll want to eat these up in one sitting! Use a combination of Chioggia, golden and red beets for a visual delight. For added fun serve with our recipe for Beet Hummus.

Ingredients

- 6 small or medium red or golden beets
- 1/4 cup olive or vegetable oil
- 2 tsp salt

Steps

1. Preheat the oven to 300°F, and line a couple of baking sheets with parchment paper.
2. Wash and scrub the beets, then cut off the tops and slice paper thin.
3. Place the beet slices in a large bowl and toss with oil & salt. Let sit for 15-20 minutes.
4. Toss the beets again, then drain off extra liquid.
5. Lay slices out in a single layer on baking sheets. Bake for 45-60 minutes until crisp, but not brown.
6. Allow to cool slightly before serving.