



## Best-Ever Beet Chips



Entire recipe: 85 calories, <0.5g total fat (0g sat. fat), 447mg sodium, 19g carbs, 5.5g fiber, 13.5g sugars, 3g protein

**Prep:** 10 minutes    **Cook:** 1 1/2 hours



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### Ingredients

7 oz. (1-2) raw beets  
1/8 tsp. salt

### Directions

Preheat oven to 250 degrees. Spray two baking sheets with olive oil nonstick spray.

Using a mandoline slicer, cut beets into 1/8-inch-thick rounds.

Lay beet rounds on the sheets, evenly spaced.

Lightly mist with olive oil nonstick spray, and sprinkle with salt.

Bake until dry to the touch, about 1 1/2 hours. During the last 30 minutes of cook time, check on chips often, and remove those that are done.

Let cool completely.

MAKES 1 SERVING

**Air-Fryer Alternative:** Set air fryer to 300°F. Cook until tender, lightly browned, and crispy, about 25-27 minutes, flipping halfway through. (During the last few minutes, check on chips often, and remove those that are done.)

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