

CRISPY CARROT FRIES



**ENTIRE
RECIPE**

Protein	3.0 g
Carbohydrates	22.0 g
Fat	4.5 g

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INGREDIENTS

- 250g** Thinly sliced carrots
- Cooking Spray
- Salt
- Seasoning (chili powder, chipotle powder, garlic powder, etc.)

DIRECTIONS

Preheat the oven to 425F, place sliced carrots on a baking sheet and spray with cooking spray. Add seasoning of choice like a mix of chili powder, chipotle powder, garlic and salt. Place in the oven for 30 minutes. If you'd like extra crisp, turn the oven off and leave in for another 30-60 minutes. The hot oven will act like a dehydrator.