

Spicy Sweet Potato Chips

Ingredients

- 2 tablespoons olive oil
- 2 large sweet potatoes
- 1 teaspoon sea salt
- 1 teaspoons chili powder
- 1 teaspoon cayenne

Directions

1. Preheat oven to 425 degrees.
2. Slice sweet potatoes thin, about $\frac{1}{4}$ to $\frac{3}{8}$ inches
3. Toss in bowl. Drizzle olive oil over pieces. You may need a little more to lightly coat the sweet potatoes.
4. Mix together salt, chili powder and cayenne and sprinkle over the potatoes.
5. On large baking sheet (you might want to line with parchment for easy clean up), spread potato slices out, trying not to overlap.
6. Cook for about 7-10 minutes; turn the pieces over and cook for another ~10 minutes, or till desired doneness. I like them crispy.

Mary-Beth says: *“These chips are packed with nutritional value: vitamins, potassium, fiber and antioxidants. Enjoy as a nutrient dense snack or side!”*