

No Waste Vegetable Peeling Chips



Ingredients

Peeling of choice, I've used
butternut squash peeling
Little olive oil
Spice or seasoning of choice
(Here I've used paprika and chili
flakes).



Root vegetable skins, are incredibly versatile and nutritious, packed with fiber and essential nutrients, With a little oil and your favorite seasoning they're perfect for transforming into delicious, waste-free chips.

My favourite skins are pumpkin, butternut squash (pictured above), potato, sweet potato, parsnip and beetroot.

Directions

1. Toss the peelings in a little olive oil, salt and pepper and bake at 180 oC for 20-30 minutes until golden and crispy. Get adventurous with your flavouring! I like chilli flakes, cumin, fennel seeds, paprika or curry!