

# Sweet Potato Chips

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*Sweet potato is a healthy alternative to normal potato in that it contains far more fibre. Baking them also keeps them healthy, as you only use a little oil. Serve them with any spicy dish or with a curry - or with whatever you fancy!*

## Ingredients:

6 sweet potatoes  
2 tbsp. vegetable oil  
Pinch salt  
Pinch cayenne pepper

## Directions:

1. Peel the sweet potatoes then cut into thin chips.
2. Toss the chips in the oil, then season with the salt and the cayenne pepper.
3. Spread onto a well greased baking tray in a single layer, then cook for 30 minutes in a 200C oven. Turn the heat up to 220C, then cook for another 10-20 minutes depending on how thick you cut the chips.

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