

# Oil-Free Plantain Chips

## Ingredients:

- 2-3 medium/large green plantains or bananas
- salt to taste\*
- other seasoning, as required i.e. dried herbs, onion, and garlic powder

## Instructions:

1. Trim off the ends of the plantain or banana and then cut or score along the length of the skin at intervals.
2. Add the plantain or bananas to a pot of boiling water and cook for approximately 20 minutes.
3. Throw off the water and carefully remove the skins.
4. Thinly slice (about 1mm) the plantain or banana using either a mandolin or a sharp knife. Try to get all the slices the same thickness to ensure even cooking. **Note.** The thinner the better
5. Place the slices in a bowl and sprinkle with a little salt and optional seasonings of choice.
6. Arrange them on a cookie sheet with parchment paper and bake at 400°F (205°C) for 15 minutes or until slightly golden and crispy. **Note.** You do not need to turn the chips.
7. Allow them to cool a few minutes before digging in.

**Tip:** Watch the chips closely as they can burn quickly, especially if they are not all of even thickness. If you find that after the time has elapsed the chips are still not done, take them out of the oven and let them sit for a few minutes, before putting them back in. The time outside of the oven will crisp them up and hasten the baking time.

Serve with salsa and avocado or a vinegar, sugar, and black pepper free ketchup or BBQ sauce. You may have to make it yourself (LOL).

*\*Celtic Sea Salt or Pink Himalayan Salt is best because they have a better mineral balance and do not have added fluoride or baking soda*

