VEGGIE SKIN CHIPS

RECIPE FROM: <https://tasty.co/recipe/veggie-skins-chips>

**Ingredients for 4 servings**

* 1 parsnip, washed and skinned
* 3 carrots, washed and skinned
* 3 potatoes, washed and skinned
* 2 tablespoons olive oil
* 2 teaspoons garlic powder
* 2 teaspoons onion powder
* 2 teaspoons paprika
* 1 teaspoon salt
* pepper, to taste

**Preparation**

1. Preheat the oven to 400°F (200°C).
2. Place all the vegetable skins on a nonstick baking sheet or a baking sheet lined with parchment paper.
3. Drizzle the olive oil over the peels and sprinkle with the garlic powder, onion powder, and paprika. Season with salt and pepper.
4. Toss the peels with your hands until they are evenly coated with the oil and spices.
5. Bake for 8-10 minutes, tossing the peels halfway through with a pair of tongs.
6. Let cool before eating.
7. Enjoy!

Also try APPLE PEEL CHIPS (<https://tasty.co/recipe/apple-peel-chips>)

## Ingredients for 4 servings

* 8 large apples, washed and peeled
* 3 tablespoons sugar
* 1 teaspoon cinnamon

## Preparation

1. Preheat the oven to 300°F (150°C).
2. Place the apple peels on a baking sheet lined with parchment paper.
3. Mix the sugar and cinnamon in a small bowl and sprinkle it over the peels.
4. Toss the peels with your hands until evenly coated with the sugar mixture.
5. Bake for about 30 minutes, tossing the peels halfway through with a pair of tongs.
6. Let cool before eating.
7. Enjoy!