

Snacky Stuff

No Fat Crisps



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Ingredients:

Potato

Equipment:

Potato Peeler
Kitchen Paper
Greaseproof paper
Microwave



Method:

- 1 Peel the potato.
- 2 Using the potato peeler slice very thin slices of potato.
- 3 Place the potato slices on kitchen paper and soak up the excess moisture.
- 4 Make a fan greaseproof paper.
- 5 Place the fanned paper across a microwavable plate.
- 6 Lay the potato slices flat on top of the fanned paper.
- 7 Microwave for 3 to 4 minutes on high power.
- 8 Allow to cool, and then eat them with your favourite dip!

Veggie Crisps

Ingredients:

Parsnip
Beetroot
Carrot

Equipment:

Potato Peeler
Kitchen Paper
Greaseproof paper
Microwave



Method:

- 1 Peel the vegetables.
- 2 Using the potato peeler slice very thin slices of vegetable.
- 3 Place the vegetable slices on kitchen paper and soak up the excess moisture.
- 4 Make a fan greaseproof paper.
- 5 Place the fanned paper across a microwavable plate.
- 6 Lay the vegetable slices flat on top of the fanned paper.
- 7 Microwave for 3 to 4 minutes on high power.
- 8 Allow to cool, and then eat them with your favourite dip!