

Miele

Sweet Potato Chips

By Miele in collaboration with Sports Dietitians Australia

10 minutes

Prep time

25 minutes

Cooking time

6 (as a side)

Serves



INGREDIENTS

- 3 sweet potatoes
- Coconut oil spray
- Salt

METHOD

1. Pre-heat oven on Fan Plus at 200°C.
2. Line 2 baking trays with baking paper.
3. Peel sweet potatoes and cut into 1cm thick chips and place in a bowl.
4. Spray generously with coconut oil and salt.
5. Place on baking trays, creating space between the chips.
6. Bake for 25 minutes or until crisp and golden.

Hints and Tips

- Perfect side dish to accompany your weekend BBQ meat and green salad.
- A delicious starter to enjoy with our beetroot dip recipe.
- A tasty way to get sporty kids to refuel active muscles.