

Carrot Chips

Make crispy baked carrot chips at home! This healthy, low-calorie snack recipe uses simple spices and olive oil. Perfect with dips!

15	15	30	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Carrot Chips

Ingredients

- 3 carrot
- 1 tsp chili flakes
- 1 tsp dry mint
- 1 tsp salt
- 3 tbsp olive oil

Instructions

- 1 Prepare the oven and equipment**
Preheat oven to 375°F (190°C). Line two large baking sheets with parchment paper.
- 2 Prepare the carrots**
Wash and peel 3 large carrots. Pat completely dry with paper towels to remove all moisture.
- 3** Using a mandoline slicer or sharp knife, cut carrots into uniform 1/8-inch thick diagonal slices for even cooking and crisp texture.
- 4 Season the carrots**
Combine 3 tablespoons olive oil, 1 teaspoon salt, 1 teaspoon chili pepper, and 1 teaspoon dried mint in a large bowl. Add carrot slices and toss until evenly coated with the seasoning mixture.
- 5** Arrange seasoned carrot slices in a single layer on the prepared baking sheets, ensuring they don't overlap for even browning.
- 6 Bake the chips**
Bake for 12-18 minutes, flipping once halfway through, until edges are golden brown and chips feel crispy when touched.
- 7** Remove from oven and let cool on baking sheets for 5 minutes to achieve maximum crispiness before serving.

Tips

- Use a mandoline slicer or sharp knife to cut carrots into uniform 1/8-inch thick slices for even cooking and optimal crispiness.
- Pat carrot slices completely dry with paper towels after washing to remove excess moisture, which can prevent proper crisping.
- Arrange carrot slices in a single layer on parchment-lined baking sheets, ensuring they don't overlap to promote even air circulation.

Flip the chips halfway through baking to ensure both sides become evenly golden and crispy.

Allow chips to cool completely on the baking sheet after cooking - they will continue to crisp up as they cool.

Season the chips immediately after baking while they're still warm, as this helps the seasonings adhere better.

Store cooled chips in airtight containers with a paper towel to absorb any residual moisture and maintain crispiness.

For extra flavor, try marinating the carrot slices in the oil and spice mixture for 15-30 minutes before baking.