



Kids Can Cook

Carrot Chips

In June children and Providers have the opportunity to participate in our "Be the Calm" event as part of our Together Wee Can "Come Together" program. The week long event focuses on relaxation methods; breathing, meditation, yoga, and listening to calming music. At the end of the week they are encouraged to hold their own "mini wellness retreat" including clean eating. These carrot chips are a great snack idea that are home made and packed full of nutrients.

What you need:

- 2 pounds of carrots (Fatter the better)
- 1/4 cup olive oil or melted coconut oil
- 1 tbsp sea salt
- 1 tsp ground cumin
- 1 tsp ground cinnamon



What to do:

1. Preheat the oven to 425 degrees F. Line several large baking sheets with parchment paper and set aside.
2. Trim the carrot tops off. Starting on the thick end slice the carrots paper-thin on an angle to create elongated slices. You can do this with a chef's knife, but it's better to use a mandolin slicer on the smallest setting.
3. Place the carrot slices in a large bowl and add the oil, salt, cumin, and cinnamon. Toss well to thoroughly coat. Then lay the slices in a single layer on the baking sheets.
4. Bake for 12-15 minutes, until the edges start to curl up and turn crisp. Then flip all the chips over and bake another 5-8 minutes to crisp the bottoms. Once cool, store in an airtight container for up to 2 weeks.

Note: You can also make chips using sweet potatoes, zucchini, beets or apples.

Source: <https://bit.ly/3xyXsh8>