

BAKED CUCUMBER CHIPS ★★★★★



PREP TIME: 10 MINUTES COOK TIME: 10 HOURS TOTAL TIME: 10 HOURS 10 MINUTES
SERVINGS: 6 PEOPLE CALORIES: 25 KCAL

Easy to make vegetable chips are a healthier keto snack. Baking the cucumbers keeps them low in calories which makes them almost guilt-free.

INGREDIENTS

2 medium cucumbers
or 3 small ones
1 tablespoon olive oil
or avocado oil
2 teaspoons [apple
cider vinegar](#) or vinegar
of choice (omit for
regular chips)
1 teaspoon sea salt

INSTRUCTIONS

1. Slice cucumber very thin. Use a [mandoline slicer](#) for best results.
2. Remove excess moisture from slices using a paper towel.
3. Put cucumber slices in a large bowl and toss with oil, vinegar, and salt.
4. For dehydrator: Place slices on trays and dry at 125-135°F for 10-12 hours or until crispy.
For oven: Place slices on parchment lined baking tray. Dry at 175°F for 3-4 hours or until crispy.
5. Allow slices to cool before serving.

RECIPE NOTES

If using foil lined pans, don't cut the cucumbers too thin and be sure to flip half-way so they can be removed easier.

Nutrition Facts

Baked Cucumber Chips

Amount Per Serving (0.5 cup)

Calories 25 Calories from Fat 18

% Daily Value*

Total Fat 2g **3%**

Monounsaturated Fat 2g

Sodium 396mg **17%**

Potassium 51mg **1%**

Total Carbohydrates 1g **0%**

Vitamin A 1%

Vitamin C 1%

* Percent Daily Values are based on a 2000 calorie diet.