



mend

Incredibly Crunchable CRISPS

If you love crisps but want to stay MEND-friendly, just make a batch of these baked beauties.



That's it, just two ingredients is all you need for this easy peasy recipe!

You will also need some aluminium foil and a baking tray to make these crunchy crisps. They're seriously snackable with tomato salsa or a natural yoghurt dip.



What you need:

- 2 large baking potatoes
- 1 large sweet potato



Fast facts



Eat me when? A tasty snack or a party favourite.

What to do:



A Dippable Dip

Why not try this Tasty Tuna Dip

Mix a tin of tuna, 3 tablespoons of reduced fat soft cheese, 2 tablespoons of natural yogurt, juice from half a lemon and a good sprinkle of salt and pepper.

Step 1

Preheat your oven to 180°C, then wash the baking potatoes and peel the sweet potatoes

Step 2

Slice the potatoes and sweet potatoes into very fine slices so you get lots of thin round discs

Step 3

Line two baking trays with non-stick baking paper or aluminum foil, then spray this with a little vegetable oil or cooking spray

Step 4

Arrange your potato discs on the trays, then slide them in the hot oven for 15 minutes

Step 5

Remove the tray from the oven and turn each of the disks over with a pair of tongs, then put it back in for another 15 or so minutes

Step 6

Your vegetable crisps are ready when you think they look brown and crispy.



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