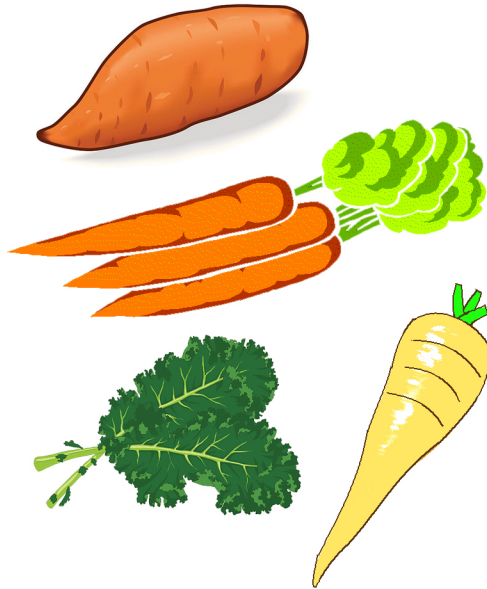


## Healthy Eating - Recipe 1

### Vegetable Crisps

#### Ingredients

- 1 sweet potato
  - 2 carrots
  - 1 parsnip
  - 50g curly kale
  - 4 tbsp sunflower oil
  - Sea salt
- Prep time 20mins



**Joke**  
I created a totally new flavour  
of crisp. If it's successful I'll  
make a packet

#### Preheat oven 180/gas4

- \* Peel the sweet potato and discard the peel. Slice into thin strips. Place into a bowl.
- \* Do the same with the carrots and the parsnip. Toss the vegetables with 3tbsp of oil and lay them without touching one another onto baking trays. Bake for 13-15 minutes keeping an eye on them.
- \* Now prepare the curly kale by stripping the leaves off the stem and use the remaining 1tbsp of sunflower oil to coat the leaves in a bowl. Now lay them into a tray and bake for just 6-8 mins.
- \* Once completely cool place all the vegetables into a clean bowl and sprinkle with some flakes sea salt.

#### Enjoy on the same day.

Remember!

Always ask an adult to help use the oven and handle sharp objects.

