

# BRUSSELS SPROUT CHIPS

## INGREDIENTS

- 1lb. brussels sprouts
- 2 tbsp. olive oil
- 1/4 tsp. salt
- 1 tsp. cumin
- 1/2 tsp. smoked paprika
- 1/4 tsp. chili powder

## PREPARATION

1. Preheat the oven to 300°F
2. Remove the leaves off of the Brussels sprouts - cut into the center of each to hollow out the stem. You should have about 4 cups of leaves.
3. Place the leaves in a bowl, add in the olive oil and spices and toss well to make sure all leaves are evenly coated.
4. Lay the leaves out on a baking sheet, trying to ensure that they all face downwards.
5. Bake in the oven for approximately 8 minutes. If any are browning too quickly, then remove them and continue to bake for another 5 to 7 minutes until they are all crispy and golden.
6. Serve warm and enjoy!

