

# Baked Cucumber Chips Recipe

A healthy snack alternative to potato chips

## Ingredients

- Cucumbers – 3 small ones or 1-2 large ones
- Seasoning of choice:

### Option 1: Smokey Cucumber Chips

- 1 teaspoon of smoked paprika
- 1 teaspoon of garlic powder
- Salt to taste

### Option 2: Onion and Garlic

- 1 teaspoon of onion powder
- 1 teaspoon of garlic powder
- Salt to taste

### Option 3: Salt and Vinegar

- 1 teaspoon of apple cider vinegar
- Salt to taste

### Option 4: Lemon and Pepper

- 1 teaspoon of fresh lemon juice
- ½ teaspoon of ground black pepper

## Instructions

1. Slice cucumbers thinly, about 1/8 of an inch in thickness
2. Pat cucumbers dry and add them to a bowl. Mix well with your seasoning of choice.
3. Line a baking sheet with parchment paper. Place the cucumbers onto the baking sheet, lying flat and separated.
4. Bake low and slow at 170 degrees Fahrenheit for 3-4 hours. Time will depend on how large your cucumbers are.
5. Remove the cucumbers from the oven once they are dried out and crispy.
6. Enjoy your healthy snack!

\* **Air fryer can also be used**



<https://www.karissasvegankitchen.com/baked-cucumber-chips/>