



Vegetable Stick Snacks

Homemade vegetable snacks that can be flavored any way you'd like!



Ingredients

- 3 parsnips
- 2 carrots
- 1 ½ tablespoon fresh lemon juice
- 2 teaspoon ground coriander
- ¼ teaspoon sea salt
- Freshly ground pepper, to taste

Directions

Preheat oven to the lowest setting it will go, 170F for most ovens. Line a baking sheet with parchment paper.

Wash the parsnips and carrots and remove their tops and tails with a sharp knife. Using a vegetable peeler, shave the carrots and parsnips into long strips.

Place all of the strips into a bowl and toss with remaining ingredients. Lay flat on prepared baking sheet. Bake for 3 hours or until crisp. Alternatively, dehydrate at 130F for 5 hours.

Makes 2 servings.

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