



ROASTED POTATO PEELINGS WITH SEA SALT

4 servings

INGREDIENTS

- 2 large handfuls of organic potato peelings (wash potatoes before peeling)
- 1 tablespoon avocado or olive oil
- 2 teaspoons garlic powder or other spices (rosemary works well too)
- ½ teaspoon sea salt

INSTRUCTIONS

1. Preheat oven to 190C/375F.
2. In a bowl, combine the peelings and drizzle with oil. Sprinkle with the garlic powder or other spice and the sea salt - toss to coat. Spread the potato skins on a baking sheet in a single layer.
3. Bake for 15-20 minutes, stirring halfway through, or until golden and crispy. Roasting time may vary depending on potato skin thickness.

Approximate values: **Calories:** 81cal **Carbohydrates:** 14g **Protein:** 3g **Fat:** 2g
Potassium: 449mg **Fiber:** 3g