



DEHYDRATED PLANTAIN CHIPS

INGREDIENTS

- 3-4 plantains
- 1/4 cup melted coconut oil
- Finely ground sea salt or Himalayan salt.

DIRECTIONS

- Cut off one end of each of the plantains.
- Next, cut a shallow slit down the length of each plantain, making sure not to go too deep.
- Slide your finger between the peeling and the plantain to remove it- they are a bit different than bananas!
- Cut your plantain into 1/4" slices and place in a bowl.

- Melt your coconut oil (either on the stove or in the oven JUST until it becomes liquid), pour over plantain pieces.
- Sprinkle with salt and lightly toss.
- Place pieces on dehydrator rack, make sure they are not touching or overlapping.
- Set your dehydrator to 160°F for 7 hours.

TIP:

The ripeness of the plantain will influence its taste and texture. Greener plantains will contain more starch and therefore become crispier and more closely resemble a chip. Yellow plantains will contain less starch and more sugar. Therefore, they will be sweeter and have a more chewy texture. We love both!

- You can also prepare plantains on the stove in a pan of melted coconut oil and fry them. Just be very careful to monitor the temperature of your oil to prevent burning.