



Avocado chips

10'

Hands on

6'

Cook Time

4

Portion(s)

1

Difficulty



Ingredients

- 2 ripe avocados
- 80 g shredded coconut (dried)
- 1 egg, free range
- 1 tablespoon mustard
- 1 tablespoon maple syrup
- 1 tsp paprika
- 1/4 tsp. salt
- freshly ground pepper

Διατροφικός πίνακας

Nutrition information per portion

307 Calories (kcal)	28.0 Total Fat (g)	14.0 Saturated Fat (g)	6.7 Total Carbs (g)
15%	40%	70%	3%
5.3 Sugars (g)	3.7 Protein (g)	6.8 Fibre (g)	0.83 Sodium (g)
6%	7%	27%	14%

Method

- Preheat oven to 220* C (428* F) Fan.
- Line a baking pan with parchment paper.
- Prepare the [avocados](#)
- Slice each half lengthwise to create 4-6 slices that will become chips.
- In a small bowl, whisk the egg. Add the salt, freshly ground pepper, maple syrup, paprika and mustard. Whisk until completely combined.
- In another bowl, add the coconut.
- Dip the avocado slices in to the egg mixture until completely coated.
- Then, dredge in the coconut and transfer to baking pan.
- Bake for 6 minutes on both sides.
- Serve warm or cold with ketchup.

Tip

You can serve these delicious avocado and coconut chips as an appetizer or a side dish. They are perfect with hamburgers!