

Low Carb Spiced Coconut Chips

Description

These chips are amazing. Crispy and chewy chips.

Prep time: Five minutes

Total time: Ten minutes

Servings: 4

Ingredients

- 2 cups of flaked coconut/ coconut chips (4.2 oz)
- 2 tablespoons of melted extra virgin coconut oil (30 ml)
- 1 vanilla bean or 1/2 teaspoon of sugar-free vanilla extract
- 1/2 teaspoon of cinnamon
- A pinch of salt

Instructions

1. First, preheat the oven to about 380 degrees F, then slice the vanilla beans and scoop out the seeds with a knife.
2. Combine the coconut oil, cinnamon, and vanilla in a small bowl. Pour the mixture over the coconut and transfer to a baking tray. Sprinkle some salt on it and transfer to the oven.
3. Cook for about seven minutes. When cooked, remove from the oven, and set aside to cool. Serve.