

Sweet Potato Chips

Ingredients:

- 1 large sweet potato
- Cooking spray
- Salt and Pepper

Directions: Get an adult to help slice the potato into thin rounds. Preheat oven to 300 degrees. Place aluminum foil over 2 baking sheets. Scatter the sweet potato rounds on the baking sheet and spray evenly with the cooking oil. Add a pinch of salt and pepper to taste. Bake for 15 minutes. With the help of an adult, flip the potatoes. Bake for an additional 15 minutes. Allow the chips to cool (this is when they get nice and crispy)!



Pump it Up: While your sweet potatoes crisp, play “keep it up” with a balloon. See how many times you can “bump” the balloon without letting it touch the floor.



Food for Thought: Sweet potatoes are an excellent source of Vitamin A. Vitamin A promotes good vision and healthy skin and hair.

Tasty Thoughts: _____

