

# MYX - Recipe

## **NAME: MYX Cassava Chips**

**INFO:** A great Grain Free, Lectin Free, Gluten Free snack made with cassava; a crispy and tasty alternative to other non compliant traditional chips. Very simple to make with very few ingredients. See recipe below for both plain and smoked paprika flavored chips.

## **INGREDIENTS:**

*Yield: 3 to 4 dozen chips*

### **Regular Chips**

2 medium Cassavas

¼ cup Organic Virgin Olive Oil

Himalayan Salt (to taste)

### **Smoked Paprika Chips**

1 TBL Smoked Paprika

## **DIRECTIONS:**

Preheat the oven to 375 F. with 2 large baking sheets inside during preheating.

Peel outside skin of the cassavas and then slice thinly approximately 1/16" with a mandolin or sharp knife (be careful), also be aware sometime cassava can be a little brittle, if some of it falls apart then slice what you can by hand, also the small pieces can still be baked. In a small bowl mix the salt, oil and paprika (if using) and set aside.

Once sliced, put cassava slices in a large bowl of ice water for 35 to 45 minutes. This eliminates some of the starch. Remove from water and lay on a paper towel to air dry.

Once cassava slices are mostly dry put them in a bowl add the olive oil mixture. Then toss until all the slices are nicely covered with oil. (pending on cassava you may need to add a little more olive oil.) I like using my hands to make sure both sides of each chip are coated.

Using 2 large preheated baking sheets (two allows for more space to be able to turn easier and for better results), put cassava chips on baking sheets and put them back into the oven. Cook for around 30 to 40 minute but keep a good watch on them and turn them every 10 - 12 minutes. Goal is for them to get nicely toasted and crisp.