

AVOCADO CHIPS

INGREDIENTS

1 large ripe avocado	1/2 tsp. Italian seasoning
3/4 c. freshly grated Parmesan	sea salt
1 tsp. lemon juice	black pepper
1/2 tsp. garlic powder	

PROCEDURE

Preheat oven to 325° and line two baking sheets with parchment paper.

Mash avocado with a fork until smooth. Stir in Parmesan, lemon juice, garlic powder, and Italian seasoning. Season with salt and pepper to taste.

Scoop spoonful of mixture on baking sheet, leaving about 3" apart between each. Flatten each with the back of a spoon.

Bake until crisp and golden, about 30 minutes, then let cool completely. Serve at room temperature.