

# Food Babe's Beet Root French Fries



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	25 mins	30 mins	2

<https://foodbabe.com/beet-root-french-fries>

## Ingredients:

- 2 large beet roots
- 1 tablespoon coconut oil
- ¼ teaspoon sea salt

## Instructions:

1. Preheat oven to 375° F.
2. Wash and peel each beet, cut into long rectangular pieces.
3. Toss beets with olive oil or coconut oil and sprinkle with sea salt.
4. Place beets on a oven safe rack and bake for approximately 25 minutes, rotating half way through.
5. Beets should be slightly brown when done, serve immediately.
6. Toss with red chili flakes and lime for a kick!

## Notes:

- Adapted from Veggies for Carnivores
- Choose all organic ingredients if possible