

# Carrot and Parsnip Crispies

## Ingredients

Carrot or parsnip peels

1 cup water

2 tsp sugar

Salt

## Instructions

1. Bring water to a boil and add sugar.
2. Drop peels in boiling water for 1 minute.
3. Drain then dry peels on a towel.
4. Spread damp peels on a silat or parchment lined baking sheet.
5. Sprinkle lightly with salt.
6. Bake 250 degrees for 1-2 hours or until curled, golden and crisp.
7. The crisps make an elegant finishing touch to smooth soups and are a healthy crouton replacement for salads.

FOR MORE RECIPES VISIT : [THECULINARYCURE.COM](http://THECULINARYCURE.COM)