THE LIGHTER PLATE METHOD

Toasted Coconut Chips

Thin shavings of fresh coconut baked until golden and impossibly moreish.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**15 min**	**25 min**	**4**	**EASY**

Ingredients

- 1 whole fresh coconut (flesh removed)
- few drops liquid stevia (or a drizzle of honey)
- 0.5 tsp ground cinnamon (optional)

Method

1. Heat the oven to 200°C (fan 180°C) and line a tray with foil.
2. Using a vegetable peeler, shave the coconut flesh into thin strips and lay them on the tray without overlapping too much.
3. Drizzle lightly with sweetener.
4. Bake for 15 minutes, until golden at the edges.
5. Cool and scatter with cinnamon if using.

Tips & swaps

- Watch closely in the last few minutes — coconut goes from golden to burnt quickly.

Storage & reheating

Keeps in an airtight container for a week.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
100	**1g**	**4g**	**9g**	**3g**

Estimated values, for guidance only.