

TOP TIP

Cooking healthily doesn't mean you should skimp on flavour or miss out on your favourite foods.

Try these healthier SUPER-CRISPY CHIPS:

1. Wash and slice 4 large sweet potatoes into chips.
2. Coat wet sweet potato chips with 2 Tbsp (30ml) cornflour.
3. Place on a greased baking tray and spray with olive oil spray.
4. Season and roast at 220°C for 15-20 minutes or until golden. SERVES 4.

TRY ME!



FOR FREE DIETARY ADVICE,

contact the Pick n Pay dietitian at healthhotline@pnp.co.za