**Sweet potato chips**

**with guacamole**



**Ingredients for 4 persons:**

400 g sweet potatoes from North Carolina

Oil for deep-frying

2 avocados

Juice of ½ a lemon

2 garlic cloves

1 small red chili pepper

salt

**Directions:**

**1.** Peel sweet potatoes and cut into very thin slices. Heat up oil in a pot or deep fryer to 175°C. Fry sweet potatoes and let drain on a paper towel.
**2.** For the guacamole: halve avocado and remove the core. Remove pulp from skin. Add lime juice and mash with a fork. Peel garlic and press through a garlic press. Cut chili lengthwise and remove seeds. Chop very finely and add to the avocado. Mix everything. Season with salt.

**Preparation time: c**a. 1 hour

**Nutrition facts per portion:**

Energy: 522 kcal / 2190 kJ

Protein: 3,9 g

Fat: 45,3 g

Carbohydrates: 25,3 g