

Pumpkin Pie Spiced Butternut Chips

Hands-on 20 minutes Overall 2 hours

Nutritional values (per serving, about 1/4 cup): Total carbs: 12.1 g, Fiber: 2.3 g,

Net carbs: 9.8 g, Protein: 1 g, Fat: 6.8 g, Calories: 106 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 8 servings)

2 medium butternut squash (800 g/ 1.76 lb)

4 tbsp melted virgin [coconut oil](#) or [ghee](#) (60 ml)

2 tsp [pumpkin pie spice mix](#) (*you can [make your own](#)*)

pinch of sea salt

Optional: 5-10 drops [liquid Stevia](#) extract or other healthy [low-carb sweetener](#) from [this list](#) to taste

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Instructions

1. Preheat the oven to 120 °C/ 250 °F (fan assisted), or 140 °C/ 285 °F (conventional). Peel the butternut squash and slice thinly on a mandolin. If you are using a knife, make sure the slices are no more than 1/8 inch (1/4 cm) thin. Place in a bowl.
2. In a small bowl, mix melted coconut oil, gingerbread spice mix and stevia. Butternut squash is naturally sweet and you may not need to use any sweetener.
3. Pour the oil mixture over the butternut squash and mix well to allow it everywhere.
4. Arrange the slices close to each other on a baking tray lined with parchment paper or a rack or an oven chip tray (you will need at least 2 of them).
5. Place in the oven and cook for about 1.5 hour or until crispy (the exact time depends on how thick the chips are). Half way through, you can spray them with a bit of coconut oil to help them crisp up.
6. Although the chips shouldn't burn at low temperature, you should keep an eye on them. When done, let them cool down and store in an air-tight container for up to a week.

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