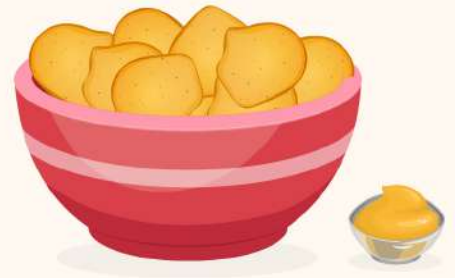


SUNCHOKE CHIPS & COCONUT LIME CUMIN DIP

The perfect dish for SUPER BOWL Sunday!



INGREDIENTS



6 Large Sunchokes



32 Ounces of Coconut Oil



1/2 Cup Plain Coconut Yogurt



1/3 Cup Avocado Mayonnaise



1 Tablespoon of Hot Sauce



1 Teaspoon Fresh
Lime Juice



1/4 Teaspoon
Ground Cumin



1/4 Teaspoon Ground Coriander



Pink Sea Salt to Taste

INSTRUCTIONS

1. In a large skillet, heat coconut oil to 350 degrees F over medium heat.
2. Wash and dry the sunchokes & cut the top off each side.
3. Using a mandolin slicer (set on $\frac{1}{8}$ inch or $\frac{1}{4}$ inch), slice all 6 sunchokes into chips.
4. Working in batches, fry sunchokes until golden brown for 3-4 minutes.
5. Set aside on paper-towel lined plate to drain and sprinkle hot chips with salt.
6. Mix together coconut yogurt, avocado mayo, hot sauce, ground cumin, ground coriander, and lime juice in a bowl with a whisk.
7. Refrigerate dip until ready!