

Spinach Chips

Makes a great hCG guilt-free snack when you need something to munch on.

Servings per recipe: 4

Divided into 4 counts as 1 serving vegetable

Ingredients

- 1 pound fresh spinach greens
- 1 lemon, juiced
- sea salt

Directions

Place spinach leaves on mesh dehydrator sheets in the oven and spray with lemon juice mixed with sea salt.

Dehydrate at 105°F until crunchy.

Nutritional Info

Servings Per Recipe: 1

Amount Per Serving

- Calories: 116.1
- Total Fat: 1.8 g
- Cholesterol: 0.0 mg
- Sodium: 513.8 mg
- Total Carbs: 20.5 g
- Dietary Fiber: 10.2 g
- Protein: 13.2 g

