

Oven Baked Turnip Fries



INGREDIENTS

- 1 turnip peeled and cut into fries
- 1 Tbsp coconut oil (melted)
- ¼ tsp crushed garlic
- 1 tsp paprika powder
- 1 tsp Frank's Red Hot sauce
- 1 tsp lemon juice
- Pinch of Himalayan salt

PROCESS

Pre-heat oven to 400° F

In a large bowl, add coconut oil, garlic, spice, sauce, lemon juice and salt. Mix together and add the turnip fries. Coat fries evenly and place on a flat baking sheet.

Bake for 30 minutes, and turn fries at 15 minutes.