**Thom’s Potato (Soup) Chips**

This recipe makes 2 Meal Replacement Servings

**Ingredients:**

2 Potato Soup Mixes

Whole Psyllium Husk (buy at Whole Foods or as Secrets of Psyllium at Trader Joe’s)

Seasonings: Everything Bagel, Sweet Onion “chips”, or Light sprinkling of Parmesan Cheese.

Water = 225 grams

**Tools/Other items:**

Shaker for soups/shakes for mixing

Sheet pan for cooking

Pam cooking spray to prevent mixture from sticking to the pan

**Recipe:**

Basic recipe: 5-7 grams of Whole Psyllium Husk per 1 packet of Potato Soup Mix

For 1 sheet Pan use 2 Potato Soup Packets + 5-7g of Psyllium Husk = 100g in weight.

Thom makes mixture ahead in bulk by layering psyllium and soup in a canister - 1 packet soup mix + 5-7g of Psyllium, over and over with one box of Potato soup mix =15 packets.   Then shakes up and measures out 100g of mix when making a sheet of “Potato” Chips. This way it’s always mixed and ready to use.

**Directions:**

1. Prep sheet pan: Spray sheet pan with Pam cooking spray
2. Heat oven to 222 degrees - USE CONVECTION  - you’re “drying out”, Not cooking
3. Make mixture:  ***Add*dry**mixture to the 225grams of water ***in shaker,*** **shake vigorously**to mix thoroughly.

(Dry Mixture = 2 Potato Soup Packets + 5-7g of Psyllium Husk = 100g in weight)

4. Pour mixture onto sheep pan: When pouring mixture onto pan, use back and forth motion to spread evenly.  Jiggle pan a bit to even out before putting in oven.

5. **Part way through drying out time**, use a pizza cutter or knife, “Score” lines making “strips” for chips.  You need mixture to be dry enough otherwise it will just run back together.  This will help them break apart into desired chip pieces when done drying out.

**NOTE:** Thom weighs out 45-50g or half of finished chips for 1 serving if eating for a “meal”.  Since these are portable, measure out in baggies and take with you when on the go or when going to social eating events - bring your own chips!