

Ashley's Meal Prep Monday!

Cool Ranch 'Doritos'

INGREDIENTS

8 corn tortillas
1-2 TBSP avocado oil or
coconut spray
1 1/2 TSP nutritional yeast
3/4 TSP paprika
1/2 TSP onion powder
1/2 TSP garlic powder
1 TSP dried chives
1 TSP dried dill
1 TSP dried parsley
1/2 TSP salt

Preheat oven to 350. Brush each side of the tortillas with oil and cut into sixths. Spread tortilla chips out on a large baking sheet. (Use parchment paper or foil on the sheet.) Bake for 12 minutes, flipping halfway.

Mix all spices together in a small bowl. Once tortilla chips are finished baking, place in a large paper bag or tupperware with a lid. Add the seasonings and shake until all chips are coated. You may need to spray the chips again to ensure they re coated. well.



Recipe: shelikesfood.com

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