



# Carrot Curls

When you're craving chips, carrot curls are a satisfying, crunchy substitute! Recipe is from *Breaking the Vicious Cycle*.

Using a potato peeler, make thick curls out of about 3 large carrots (or more carrots for desired amount).

Deep fry in oil until they turn golden brown. Using salad tongs, quickly remove them to a plate covered with several paper towels and salt & pepper them to taste.



After the cooking oil has cooled, strain the carrot bits out of it and refrigerate in a covered container for your next batch. The oil can be reused up to 3 times.