

Fat Free French Fries



This is a perfect healthy version of an otherwise unhealthy food. I mean, who doesn't like French Fries? These French Fries are still delicious - but more importantly - they are helping you heal your skin condition!

Servings: 1

French Fries

5-6 larger potatoes
onion powder
garlic powder
thyme
paprika

Ketchup

2 tbsp tomato paste
1/2 tbsp lemon juice
1/2 tsp onion powder
1/2 tsp garlic powder
1/2 tsp oregano
1/4 tsp cayenne
pinch of chilli flakes
1 tsp raw honey
1 tbsp filtered water

Honey Mustard

1.5 tbsp raw honey
1 tbsp lemon juice
3/4 tsp mustard powder
1/2-1 tsp ginger powder
1/2-1 tsp turmeric

French Fries

1. Preheat the oven to 200 degrees Celsius, and place a piece of parchment paper on an oven tray.
2. Wash the potatoes, and cut them into fries.
3. Place the potatoes in a large mixing bowl, and add spices (generously) before you mix it all.
4. One full tray of fries is a good portion for one person, in my opinion.
5. Bake in the oven for 30-40 minutes, until they start to turn golden.
6. If you want to, you can sprinkle a little bit of herbal salt on top when you serve it.

Ketchup

1. Add all the ingredients to a mixing bowl and stir properly.
2. Then transfer it to a small serving bowl.

Honey Mustard

1. Add all the ingredients to a mixing bowl and stir properly.
2. Then transfer it to a small serving bowl.

Recipe inspired by Medical Medium.