Breadfruit Chips

Serving
40 Pieces

Prep
20 Minutes

Cook
40 Minutes

Contributer
Tarini Bidaisee, MAN, RD

1	Fully matured breadfruit
½ cup	Curry powder
2 tsp	Salt
2 tbsp or drizzle	Olive oil

1. Preheat oven to 350° F.
2. Peel and cut breadfruit into wedges (approx. ¼ inch thickness).
3. Place in boiling water for about 8 minutes to soften.
4. Remove from water and season with curry powder and salt and olive oil. Mix well.
5. Bake in oven for about 15 minutes (flipping halfway through) or until golden brown.

Serve by itself or with desired dip.

DIETITIAN'S MESSAGE

Breadfruit chips make for a nice, filling snack as breadfruit is a starchy food rich in carbohydrate and fibre, providing a good source of energy. They are very versatile, as they go well with virtually any dip.

Variation

Traditionally, breadfruit wedges are fried in oil (e.g., 1.5 cups canola oil can be used) after seasoning with curry powder and salt. The wedges are left in the oil for 2 minutes on each side or until golden brown, and then can be placed on paper towels to remove excess oil.

Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

CCNA
Canadian Consortium on Neurodegeneration in Aging

CCNV
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