

Simple Baked Potato Fries, Low Oil

Crispy baked French fries using ice bath method.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 15 mins

Cooking time: 45 mins

Category: Side dishes and appetizers

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Potatoes (raw, skin)	6 skin
Salt, sea salt	0.25 teaspoon
Olive oil	1 tablespoon
Black pepper, ground	0.25 teaspoon

Instructions

1. Pit the dates if they are not pitted and soak them in warm water for 10 minutes.
2. Take the half cup of rolled oats and add them in the food processor and process to make a fine flour.
3. Place dates, cocoa powder, salt, nuts, milk, and hazelnuts in a food processor and pulse until combined like a dough. Add in 1/8 cup cranberry and pulse 5 seconds more till combined.
4. Place in the freezer firm for 10 minutes.
5. Scoop with the spoon and roll into equal sized balls. They can be placed in the fridge or freezer.