



Sea Lettuce Zesty Bliss Chips

30 min

CA

Ingredients

2 ounces fresh sea lettuce

1/3 cup coconut aminos

1/2 tablespoon garlic powder

1/2 tablespoon ginger powder

Juice of 1 lime

1 teaspoon chili garlic sauce

Preheat oven (or air fryer) to 325°F degrees.

Wash sea lettuce thoroughly in fresh water before use, squeeze out as much water as possible, and lay out to air dry or spin dry until fluffy.

Combine sauce ingredients and mix thoroughly.

Toss sea lettuce in sauce, marinade for up to 15 minutes.

Lay out as flat as possible onto a baking sheet for even crispiness.

Bake for 15 minutes, flipping halfway through.

If using an air fryer, reduce time to 10 minutes and fluff and turn halfway through.

Let air dry to cool, then serve!

Recipe and photo by Jules Marsh, [National Seaweed Hub](#)

Species Group

Seaweed