

# Mushroom and Mozzarella Snackers

*This recipe makes 12 - 2x3 inch snackers*



## Ingredients

**2 tbsp** + chicken or vegetable broth  
**8 ounces** your favorite mushroom sliced  
**1 clove** garlic, minced  
**1** green onion sliced  
**1** egg  
**½ cup** milk  
**½ cup** flour  
**½ tsp** baking powder  
**½ tsp** salt  
**1 tsp** Aleppo pepper  
**1 tbsp** sliced fresh basil  
**2 cups** shredded, part skim mozzarella cheese

## Directions:

1. In a sauté pan, brown the mushrooms and garlic in the broth. Add the green onion and sauté about 30 more seconds. Let cool.
2. Combine the milk, egg, flour, baking powder, salt, Aleppo, and basil in a medium mixing bowl.
3. Stir in the cooked mushroom mixture and cheese.
4. Spread into an 11x7 baking dish that is lined with parchment paper.
5. Bake at 350°F for 30 minutes. Cut into 12 even sized rectangles.
6. Pre-freeze on a parchment lined tray
7. Freeze dry (my cycle time was 24 hours)

## Rehydration:

Not intended! Eat these like a crunchy snack.

## Notes:

These could be used like croutons to top off tomato soup, if broken into smaller pieces.

## Nutritional Value Per 1 serving

Calories: 98 Protein: 6.4 g Fat: 5 g Carbohydrates: 5.7 g Sugar: 1.3 g Fiber: 0.5 g