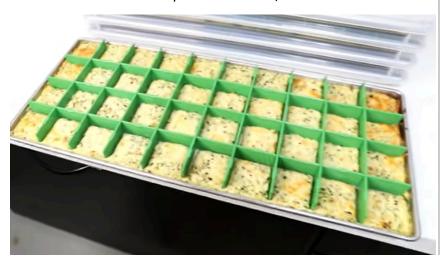
Zucchini Crackers

This recipe makes about 6 cups



Ingredients

4 zucchini

1/3 cup shredded mozzarella cheese 1/3 cup shredded parmesan cheese

1 egg

½ tsp red pepper flakes

1 tsp garlic salt

These are meant for short term storage

Directions:

- 1. Preheat your oven to 375
- 2. Trim the ends off the zucchini and shred them
- 3. Place the shredded zucchini in a cheesecloth and squeeze out as much moisture as possible
- **4**. Add the remaining ingredients and the strained zucchini to a bowl and mix thoroughly by hand until well combined
- 5. Line the bottom of your freeze-drying tray with parchment paper
- 6. Evenly spread the zucchini mixture across the freeze dryer tray. (do not add the dividers while baking.)
- 7. Place the tray in the oven and bake for about 15 minutes or until the mixture turns golden brown
- 8. Once baked, blot any excess grease with a paper towel
- 9. Allow the mixture to cool slightly before placing the dividers
- 10. Add dividers in the 40 portion setting-perfect cracker size
- 11. Pre Freeze when possible
- 12. Freeze dry (my cycle time was 39 hours)
- 13. Store in jars for short-term

Rehydration:

These are meant to be eaten freeze-dried as a snack

Notes:

Thinner is better with this recipe, so spread the mixture out evenly but thinly on your tray

Nutritional Value per 4 "crackers" or 4 of the divider portions

Calories: 52 Protein: 4 g Fat: 3 g Carbohydrates: 3 g Sugar: 2 g Fiber: 1 g