

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
- 1/2 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

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