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Low Carb Zucchini Tortillas Dietdoctor.com

Makes 4 servings

Ingredients-have your ingredients prepared in advance as suggested in the ingredient list.

- 1¼ lbs zucchini
- 1½ cups (6 oz.) mozzarella, Swiss, or cheddar cheese (you can purchase this shredded or shred it in class along w/Liz)
- 2 large eggs
- 1 cup (4 oz.) almond flour
- 1 tbsp ground [psyllium husk powder](#)-purchase [online](#) This ingredient should be available at a health food store or Whole Foods. I find it is most convenient to buy online.
- ½ tsp salt

Equipment for class

- Box grater
- Baking sheet pan
- Parchment paper
- Cotton kitchen towel
- Large bowl
- 1/3 cup (or similar size) cookie scoop or spoon
- Cooling rack

Low Carb Zucchini Tortillas

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Makes 4 servings

1¼ lbs zucchini, unpeeled, and shredded
1½ cups (6 oz.) shredded cheese
2 large eggs
1 cup (4 oz.) almond flour
1 tbsp ground psyllium husk powder
½ tsp salt

1. Preheat oven to 400°F (200°C). Line a large baking sheet with parchment paper.
2. Place the shredded zucchini in a tea towel or use your hands, and squeeze out any excess liquid. Add the zucchini to a large bowl, and mix together with the shredded cheese, eggs, almond flour, psyllium husk, and salt until it becomes a smooth batter.
3. Scoop equal portions of the batter onto the baking sheet, leaving space in between. Flatten each portion with moist hands, forming thin and round tortillas, approximately 10" (25 cm) in diameter.
4. Bake on the middle rack for 20-25 minutes, or until lightly browned. Set aside to cool.

