

Almond Crusted Baked Zucchini Crisps

Ingredients

Serves 4 as a snack

1 large zucchini, sliced into rings
1 cup / 4 oz / 110 gr almond flour (I used [Bob's Red Mill](#))
1 egg
1 teaspoon fine grain sea salt (I like [Celtic Sea Salt](#))
1 teaspoon garlic powder
1 teaspoon thyme
¼ teaspoon ground black pepper

Directions

Preheat oven to 450°F (230°C) and place a rack in the middle.

Line a baking sheet with parchment paper and set aside.

In a small bowl lightly beat the egg.

In a separate bowl combine almond flour, salt, garlic powder, thyme and black pepper.

Dip zucchini slices in the egg and let excess drip off, drop in the almond flour mix bowl to coat.

Place coated zucchini slices onto the lined baking sheet.

To do this efficiently I usually use my left hand to dip the slices into the egg and my right hand to coat with the almond flour, like a one-man assembly line. It's the best way to avoid getting both hands coated.

Bake for 6 minutes per side (a total of 12 minutes).

Serve immediately and enjoy!