

"Breaded" Zucchini Sticks

Healthier baked zucchini sticks made with a grain-free crunchy coating.



Ingredients

- 2 tablespoons blanched almond flour
- 1 tablespoon crushed vegetable stick snacks (from previous recipe card)
- 1 tablespoon freshly ground flax seed
- 1 teaspoon dried oregano
- ¼ teaspoon garlic powder
- ¼ teaspoon sea salt
- 2 small zucchinis cut into chunks/sticks
- 1 egg, whisked
- ½ tablespoon melted extra virgin coconut oil

Directions

Preheat the oven to 450F. Line a baking sheet with parchment paper or silicon baking mat. Combine the first 6 ingredients in a small plastic bag. Set aside. One at a time, dip the zucchini sticks into the egg white then drop in the plastic bag. Shake to coat, and then lay out on prepared baking sheet. When all sticks are well coated, drizzle with coconut oil. Bake 20 minutes, turning over half way until golden brown.

Makes 2 servings.

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