



Dehydrated Zucchini Chips

Keto Style!

This is the easiest Zucchini Chip recipe! Do you miss chips in your lifestyle? We made these in our Ninja Foodi Dehydrator and added some delicious seasoning. Such a great option for a Keto snack and goes great with our Easy Keto Garlic Dip!

Recipe:

2 Large Sliced Zucchini

Olive Oil

Seasoning (Everything But the Bagel)

Toss 2 large sliced Zucchini with a small amount of Olive Oil and then season.

Mix together with your hands until seasoned completely.

Layer one level on each dehydrator rack, and dehydrate at 180 for 4 hours. Add on more seasoning!



The Keto Dad Tips and Tricks:

- Season them a little more than you might normally as some of the seasoning will come off!
- As you toss them with your hands, make sure the zucchinis don't get stuck in a little group; pull them apart!
- Don't overlap the zucchinis on the racks, so they dehydrate evenly and all the way!
- If the middle layers don't cook all the way, take off the top and bottom layer and cook the middle ones for another minute or two!

Macros (half a batch - macros are for one full zucchini)

Calories: 71, Fat: 4g, Carbs: 8g, Fiber: 2g, (Net Carbs 6) Protein: 2g

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