



Zucchini Chips

Crunchy Keto chips might make all the difference when it comes to staying on track with your Keto Lifestyle! Simple Zucchini chips taste great and are a perfect ketogenic snack food with your favorite dip!

Here are the Ingredients You'll Need:

- 1 Zucchini
- 1/2 T Ranch Seasoning (homemade!)
- 1/2 teaspoon Oregano
- 1 T Olive Oil
- Pinch of Salt and Pepper



Recipe:

- Slice Zucchini and pat dry (you do NOT need to peel!)
- Toss with Olive Oil & spices

Air Fryer Recipe: Bake at 400 degrees on a rack (single layer) for 10 min, flip and bake for another 10 min. A tiered rack didn't work as well.

Dehydrator: Lay on rack. Dehydrate at 200 for 4-6 hours until crispy.

The Keto Dad Tips:

- It is important to pat them dry. Otherwise they stay soggy! If you want, very lightly sprinkle with salt to dry them out (then omit later in the recipe)
- Laying them on a wire rack to cool also helps with crisping them up!
- Choose any seasoning you want! We love the ranch seasoning, but have also done garlic, Everything But the Bagel, and Italian!

Serves: 6

Macros: Calories: 23, Fat: 2g, Carbs: 1g, Fiber: 0g, Protein: 0g

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