

## Crispy Zucchini Chips



3 Ingredients, 2 Serves, 120 Minutes Total Time

- 1 pinch sea salt (+ lemon pepper - optional)
- 1 zucchini
- 2 tablespoons oil\*

### Instructions

- Preheat oven to 225F/110C.
- Slice the zucchini with a mandolin slicer if you have one, as that will make the slices even. Try keep the pieces the same thickness.
- Put the zucchini chip slices a paper towel and press another paper towel on top to dry them out. Try and do this a few times to get as much water as possible out onto the towel.
- Put the zucchini back into a big bowl and add 2 tablespoons of extra virgin olive oil or your suitable oil of choice that is safe to heat and relatively tasteless.
- Add baking paper on two baking trays (one probably won't fit) and place the zucchini chips on the tray without overlapping.
- Sprinkle some lemon pepper (or regular pepper - white pepper for low oxalates) and salt to on the top, but not too much.
- Bake in the oven for about 1 hour and 30 minutes to 2 hours or even more, depending on the thickness of the chips and your oven. My suggestion is to check every 15-20 minutes after half an hour, flip them over occasionally and take out any chips that are golden.
- Serve!

### Warnings

\*\*ZUCCHINI: (peeled is moderate salicylate, skin on is high salicylate). One veg serve allowed on SIBO phase 1, and 1-2 serves on phase 2. (3/4 cup = one SIBO serve of zucchini).

**\*\*OIL\*:** SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

Nutritional Information (per serving)

Calories	148
Total Fat	13g
Saturated Fat	1g
Cholesterol	--
Sodium	21mg
Total Carbohydrate	5g
Dietary Fibre	2g
Sugars	4g
Protein	2g
Calcium	26mg
Iron	1mg
Magnesium	29mg
Phosphorus	61mg
Potassium	422mg
Vitamin C	29mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	4mg