

Keto Zucchini Fries

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Servings: 4

Ingredients:

- 2 large zucchini's
- 1/4 cup almond flour
- 1/4 cup parmesan cheese
- 1/4 cup Lupin flour (or you can use Pork Rinds)
- Salt/Pepper to taste

- 1 teaspoon of oregano
- 1 teaspoon of garlic powder
- 1 egg

Directions:

1. Cut zucchini in half then into strips.
 2. Add the almond flour, lupin flour, parmesan cheese, and seasonings to a bowl and mix.
 3. Crack one egg in a separate bowl and whisk it.
 4. Dip the zucchini strips into your egg mixture then into your breading bowl.
 5. Add the breaded zucchini strips into your air fryer.
 6. Generously spray the strips with any oil.
 7. Airfry at 400 degrees for 10 minutes or Bake them at 400 degrees for 20-25 minutes.
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