



SPICY ZUCCHINI CHIPS

- 2 medium size zucchini (about 3 cups when sliced)
- 3 tablespoons apple cider vinegar
- 2 tablespoons extra virgin olive oil
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon Italian seasoning
- ½ teaspoon smoked paprika
- ½ teaspoon sea salt
- ¼ teaspoon cayenne pepper

Use a mandolin to slice the zucchini into 1.5mm thick chips and place in a medium size bowl (if you don't have a mandolin, just slice with a knife).

In a small bowl combine the vinegar, oil, garlic powder, onion powder, Italian seasoning, paprika, salt and cayenne pepper (this will combine to a paste like consistency).

Spread the paste over the zucchini chips, and toss gently with your hands.

Lay the chips on a mesh dehydrator and dry at 45°C for 8-10 hours until crispy (if you don't have a dehydrator, place in low temperature oven until zucchini chips are dried to your liking).

If chips become soft, you can place back in dehydrator.

Store in an airtight container for up to 1 month.