



ZUCCHINI TACOS

4 cups grated zucchini (squeeze moisture out with paper towel or tea towel)

¾ cup grated parmesan

2 small eggs or 1 large egg

¼ cup LSA Mix or Almond Meal

½ teaspoon black pepper

½ teaspoon sea salt

½ teaspoon onion powder or onion flakes

½ teaspoon cumin

Preheat oven to 200°C

Mix all ingredients into a large mixing bowl, and use clean hands to mix thoroughly together.

Line a tray with baking paper – and divide the mixture into quarters – scoop out the mixture and pat onto the baking paper into large circles. Place into oven and cook for approx. 20 mins or until they go a beautiful golden brown.

Remove from oven and they should easily come away from the baking paper.

Fill with your choice of ingredients – shredded cos lettuce or rocket, diced tomatoes, sliced cucumbers, mashed avocado, sliced snow peas, sliced capsicum, cooked beans, shredded cheese, feta cheese, grated beetroot, grated carrot, protein (sliced chicken, tuna, salmon, minced meat etc).

Top with a beautiful raw or homemade tomato sauce and some cashew cream, or a dollop of natural pot set yoghurt.

Tip:

- Try using other spices in the mixture – chilli flakes, garlic powder or flakes, basil, parsley, smoked paprika – get experimental