

Zucchini “Fries”

2 medium zucchinis

1 clove garlic

3 tablespoons olive oil

Pinch Himalayan salt

Pinch pepper

2 tablespoons nutritional yeast (optional)

1. Cut zucchini into pieces. These should be about ½ x ½ x 4 inches. They dehydrate quite a bit, so don't be afraid to make them big enough.
2. Put garlic through press.
3. Combine garlic, oil, salt, and pepper. Put in large bowl and add nutritional yeast (optional).
4. Toss to coat zucchini.
5. Place on screens and dehydrate at 140 degrees for 30 minutes, reduce heat to 115 degrees, and continue to dehydrate for 4-5 hours.

Recipe from Rawmazing by Susan Powers