

Gluten-Free Zucchini Flatbread

Ingredients

- 1 whole Zucchini
- 1 cup Cheese, shredded
- 2 Eggs
- 1 scoop Psyllium Husk or other fiber



Grab the shredder

- Shred the zucchini. It's probably best to squeeze out the excess moisture, but I'm always too impatient.
- Shred the cheese
- Add all four ingredients to a blender and blend it up until it looks like a smoothie.



Bake It Up

- Preheat oven to 350 degrees. Oh, should I have mentioned that earlier? That will teach you to read all the way through before you start. LOL
- Spread out the batter a cast iron skillet or any baking dish, lined with parchment



*I didn't use parchment the first time. My finished flatbread was difficult to remove from the pan.

*If you use a 9-inch or 10-inch pan, you'll make two breads

*If you want one big bread, spread it out on a cookie sheet (on parchment).

*Spread it thick enough to hold ingredients after baking, and fill the whole pan evenly with no holes.

- Bake at 350 for 18-20 minutes



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