

Zucchini Chips

Ingredients:

- 1.5 Cups zucchini
- 1 teaspoon olive oil

Directions:

1. Preheat oven to 200 degrees.
2. Line a large baking sheet or two small baking sheets with parchment paper. Spray lightly with cooking spray.
3. Place zucchini slices in a single layer on parchment paper.
4. Bake for 3.5 to 4 hours until desired crispness, turning zucchini slices occasionally.
5. Enjoy!

Air Fryer:

1. Preheat the air fryer to 270 degrees for 2 minutes.
2. Place zucchini slices in one layer between paper towels to help draw out the liquid.
3. Place olive oil in small bowl
4. Lay zucchini slices in a single layer in the air fryer basket. Brush with olive oil and sprinkle with sea salt.
5. Air fry for 12 to 15 minutes or until golden brown and crispy.
6. Enjoy!

