



Crispy Zucchini Chips

Ingredients:

- 2 medium zucchinis, thinly sliced into rounds
- 1/2 cup almond flour (or any flour of choice)
- 1/2 cup panko breadcrumbs (make sure they are vegan)
- 1/4 cup nutritional yeast
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp smoked paprika
- Salt and pepper to taste
- 1/4 cup unsweetened almond milk (or any plant-based milk)
- 1 tbsp olive oil or avocado oil spray

Instructions:

1. Preheat your air fryer: Set it to 400°F (200°C).
2. Prep the zucchini: Slice the zucchinis into thin rounds, about 1/4 inch thick.
3. Prepare the coating: In a bowl, mix the almond flour, panko breadcrumbs, nutritional yeast, garlic powder, onion powder, smoked paprika, salt, and pepper.
4. Dipping the zucchini: Pour the almond milk into a separate bowl. Dip each zucchini slice into the almond milk, then coat it with the breadcrumb mixture. Press lightly to ensure the coating sticks well.
5. Air fry the zucchini: Arrange the zucchini slices in a single layer in the air fryer basket. Spray lightly with oil. Air fry for 8-10 minutes, flipping halfway through, until they are golden and crispy.
6. Serve immediately: Enjoy them hot with your favorite dip!

Vegan Garlic Tahini Dip

Ingredients:

- 1/4 cup tahini
- 2 tbsp lemon juice
- 1-2 garlic cloves, minced
- 1 tbsp olive oil
- 1-2 tbsp water (to thin out if needed)
- Salt and pepper to taste
- Optional: chopped parsley for garnish

Instructions:

1. Mix the ingredients: In a bowl, whisk together tahini, lemon juice, minced garlic, olive oil, salt, and pepper.
 2. Adjust the consistency: Add water, 1 tablespoon at a time, until you reach your desired consistency.
 3. Serve: Transfer to a serving dish and garnish with chopped parsley if desired.
- Enjoy your crispy zucchini chips with this creamy, flavorful dip!