

Zoodles Breakfast Casserole

Makes 4 Servings

Ingredients

4 medium zucchini squash
4 large eggs
¼ Tbsp coconut oil
¼ Tbsp ghee (clarified butter)
½ tsp sea salt
¼ tsp black pepper
⅛ tsp nutmeg
2 Tbsp Panko bread crumbs, optional
(Gluten Free Panko crumbs available [here](#))



Directions

1. Spiralize the 4 zucchini squash into zucchini noodles.
2. Spray a medium sized glass casserole dish with vegetable cooking spray. Melt the coconut oil and ghee in the casserole dish.
3. In a separate bowl, whisk the eggs with the salt, pepper and nutmeg until blended.
4. Add the egg mixture to the casserole dish and blend with the oil and ghee.
5. Add the zucchini noodles to the dish and toss gently using tongs until the “zoodles” are well coated and incorporated with the eggs.
6. If you like a little crunch with minimal carbs (2 gm per ½ Tbsp) sprinkle 2 Tbsp of Panko crumbs evenly on the top.
7. Bake in 400° pre-heated oven for 25 - 30 minutes or until golden brown.

Nutrition Information per Serving (with Panko crumbs): Calories: 167, Total Fat: 11gm, Saturated Fat: 5.5gm, Cholesterol: 191mg, Carbs: 8.5gm, Fiber: 2gm, Protein: 9gm

Nutrition Information per Serving (without Panko crumbs): Calories: 158, Carbs: 7gm

Zoodle Bake

Makes 4 Servings

Ingredients

4 medium zucchini squash, spiralized
1Tbsp coconut oil
1 Tbsp ghee (clarified butter)
½ tsp sea salt
¼ tsp black pepper
2 Tbsp Panko bread crumbs, optional
(Gluten Free Panko crumbs available [here](#))



Directions

1. Spray a glass casserole dish with vegetable cooking spray. Melt coconut oil and ghee in the casserole dish.
2. Add the zucchini noodles, salt and pepper. Toss gently with tongs to coat with the oils.
3. Sprinkle Panko crumbs evenly over the top, if desired.
4. Bake in 400° pre-heated oven for 20 – 25 minutes or until golden brown.

Note: You can add more herbs and spices to this recipe as desired or add garlic, onion and peppers for additional flavor.

Nutrition Information per Serving (with Panko crumbs): Calories: 104, Total Fat: 7.5gm, Saturated Fat: 5gm, Cholesterol: 5.5mg, Carbs: 8gm, Fiber: 2gm

Nutrition Information per Serving (without Panko crumbs): Calories: 95, Carbs: 6gm