

zoodle breakfast casserole

Makes 4 servings

COOK TIME: 25-30 minutes

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- 4 medium zucchini squash
 - 4 large eggs
 - ¾ Tbsp coconut oil
 - ¾ Tbsp ghee (clarified butter)
 - ½ tsp sea salt
 - ¼ tsp black pepper
 - ⅛ tsp nutmeg
 - 2 Tbsp Panko bread crumbs, optional



PREHEAT oven to 400°F.

SPIRALIZE zucchini squash into zucchini noodles.

SPRAY a medium-sized glass casserole dish with vegetable cooking spray.

MELT coconut oil and ghee in the casserole dish.

WHISK eggs with salt, pepper and nutmeg until blended in a separate bowl.

ADD egg mixture to the casserole dish and blend with oil and ghee.

ADD zucchini noodles to the dish and toss gently using tongs until the “zoodles” are well coated and incorporated with the eggs.

SPRINKLE Panko crumbs evenly on the top if you like a little crunch with minimal carbs.

BAKE in pre-heated oven for 25 - 30 minutes or until golden brown.