



Crisp, Tangy, Guilt-Free: Your New Favorite Snack Awaits!

SALT & VINEGAR DEHYDRATED ZUCCHINI CHIPS



Ingredients

- 2 large zucchinis
- 1/4 cup apple cider vinegar (or white vinegar)
- 1 tablespoon sea salt
- 1 tablespoon olive oil (optional for a richer flavor)

Equipment

- Mandoline slicer or sharp knife
- Large mixing bowl
- Dehydrator (or oven with a dehydrator setting)
- Parchment paper (if using an oven)



Pure Crunch Bliss: Zesty Zucchini Chips for Healthy Munching!

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Instructions

Prepare the Zucchini:

- Wash and dry the zucchinis.
- Using a mandoline slicer or a sharp knife, slice the zucchinis into thin, even rounds (about 1/8 inch thick).

Marinate the Zucchini:

- In a large mixing bowl, combine the apple cider vinegar, sea salt, and olive oil (*if using*).
- Add the zucchini slices to the bowl and gently toss to coat them evenly with the mixture.
- Let the zucchini slices marinate for about 15-20 minutes, stirring occasionally to ensure all slices are well-coated.



Snack Smart: Savor the Crunch, Skip the Calories!

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Dehydrate the Zucchini:

Using a Dehydrator:

- Arrange the marinated zucchini slices in a single layer on the dehydrator trays.
- Set the dehydrator to 135°F (57°C) and dry for 8-12 hours, or until the chips are crisp and crunchy.

Using an Oven:

- Preheat your oven to its lowest temperature setting (usually around 175°F or 80°C).
- Line baking sheets with parchment paper.
- Arrange the marinated zucchini slices in a single layer on the baking sheets.
- Place the baking sheets in the oven and prop the oven door open slightly to allow moisture to escape.
- Bake for 2-3 hours, checking periodically until the chips are crisp and crunchy.

Cool & Store:

- Once the zucchini chips are fully dehydrated, remove them from the dehydrator or oven and let them cool completely.
- Store the chips in an airtight container at room temperature for up to 2 weeks.

Enjoy!

These Salt and Vinegar Dehydrated Zucchini Chips make a delicious and healthy snack. Enjoy them on their own or with your favorite dip!