

# Zuccheesy

THM-Friendly: FP

- 2 small summer squash or zucchini, diced, steamed, and cooled
- 1 and 1/2 Tbsp. coconut oil, melted
- 1/2 Tbsp. sesame oil
- juice of one-half lemon (1 and 1/2 Tbsp.)
- 1 tsp. oat fiber
- 3/4 tsp. mineral salt

Blend these ingredients together in your blender.

Now bloom 4 Tbsp. gelatin in 1/4 cup of cold water in a small bowl. Stir and let sit for a minute. Then add 1/4 cup just off-the-boil water and stir.

Now add to the blender:

- the gelatin/water mixture
- 2 Tbsp. nutritional yeast

Blend the contents for 15 seconds. Stir in by hand 2 Tbsp. dried parsley or dill. (If you blend in the blender, you are apt to have green cheese...)

Pour into silicon molds. Refrigerate for a couple of hours.

\*Pour into a shallow baking pan if you want it to firm up quickly. However, if you want to get large slices, you would need to put it in a deep small baking dish and refrigerate longer.

\*These directions differ slightly from the video. Either method will work, but the gelatin is more beneficial if it is bloomed before adding to the rest of the ingredients.

enJOY!

