

# Zucchini Tortillas

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*Home & Harvest, Recipes for Healthy Living*

*<https://celebratingyourjourney.com>*



**Servings: 10**

**Yield: 10 each**

*2 cups zucchini, grated (takes about*

*2 large zucchini)*

*1/2 cup millet flour, whole grain*

*1/2 cup rice flour, whole grain*

*1 each duck egg, beaten*

*2 each duck egg white, beaten*

*1 teaspoon cumin*

*1 teaspoon turmeric*

*1 tablespoon cilantro, chopped*

*1/2 teaspoon sea salt*

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**Preparation Time: 15 minutes**

**Cook Time:**

Preheat oven to 350 degrees F.

Wash and grate zucchini. Squeeze water out of the zucchini and place in a medium bowl, discarding the zucchini juice.

Add flours, eggs, and spices. Mix until well combined. Puree 1/32 of the batter. Mix again until blended.

Line a 9x11 baking sheet with parchment paper.

Using an ice cream scoop, scoop tortilla batter on baking sheet. Use your fingers or back of scoop to press batter into thin round-shaped tortillas.

Bake 40 minutes or until tortillas are golden brown.

Serve with your favorite taco toppings (such as ground turkey turmeric meat with day 4 spices you prefer). Drip Day 4 Turmeric Dressing for extra flavor; maybe even some pickled ginger slices.

*Day 4 Rotation - This is a new experiment. And turned out well.*

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Per Serving (excluding unknown items): 74 Calories; 2g Fat (18.4% calories from fat); 3g Protein; 13g Carbohydrate; 1g Dietary Fiber; 62mg Cholesterol; 130mg Sodium; 1g Total Sugars; trace Vitamin D; 16mg Calcium; 1mg Iron; 169mg Potassium; 60mg Phosphorus. Exchanges: .