

Zucchini Bread Recipes

Low-Carb Zucchini Tortillas - Keto and Gluten-Free

20 min Prep time	**30 min** Cook time	**50 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 3 medium zucchini (about 1 pound total), shredded
- [ ] 1 cup blanched almond flour
- [ ] 1 large egg, room temperature
- [ ] 1/2 teaspoon salt
- [ ] 1/4 teaspoon garlic powder (optional)
- [ ] 1 tablespoon olive oil for cooking

Instructions

1. Start by shredding your zucchini using a box grater or food processor. Place the shredded zucchini in a clean kitchen towel or cheesecloth and squeeze, squeeze, squeeze until no more liquid comes out. This is the most important step - don't rush it.
2. In a medium bowl, combine the well-drained zucchini with almond flour, egg, salt, and garlic powder if using. Mix until it forms a cohesive dough. It should be moist but not wet - if it's too sticky, add a bit more almond flour.
3. Heat a non-stick skillet over medium-low heat. Add just a tiny bit of olive oil. Take about 1/4 cup of the mixture and place it in the center of the pan. Use the back of a spoon to spread it into a thin, even circle about 6 inches across.
4. Cook for 3-4 minutes until the bottom is golden and the edges look set. Carefully flip using a spatula - they're delicate but should hold together. Cook another 2-3 minutes on the second side until golden.
5. Transfer to a plate and separate with parchment paper if stacking. Continue with remaining batter, adding a tiny bit more oil if needed. Let them cool slightly before serving - they become more flexible as they rest.

Nutrition per serving

45 kcal	2 g	2 g	3.5 g
Calories	Protein	Carbs	Fat

Tips & notes

- Store cooled tortillas between parchment paper in an airtight container for up to 5 days
- Freeze between parchment layers for up to 3 months - thaw at room temperature
- If batter seems too wet after mixing, add almond flour 1 tablespoon at a time until workable
- These work beautifully for breakfast wraps, lunch burritos, or even as a pizza crust alternative