

CREAMY ZUCCHINI NOODLES LOW CARB



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- Run zucchinis through mandolin grater to form strips and create noodles.
- 1T olive oil
- 2 cloves garlic
- 1 cup cream cheese
- 1 lemon's juice
- salt and black pepper to taste
- chopped tomatoes
- parmesan cheese or cheese of your choice for garnish at the end-Fry garlic in olive oil, melt cream cheese and season with salt and pepper.
- Add noodles and cook for 3-4 minutes.
- Topp with the chopped tomatoes.
- Garnish with cheese.
- Serve hot.

Bron Karin Van Coller Minnaar