

Zucchini Waffle Sandwiches with Herbed Avocado Crema

These zucchini waffle sandwiches are crisp on the outside, tender inside, and bursting with flavor from the creamy avocado-herb spread. A low-carb, gluten-free option perfect for lunch or a light dinner.



Servings: 2 sandwiches **Prep Time:** 15 minutes

■ Ingredients:

- 2 medium zucchini, grated and squeezed dry
- 2 large eggs
- 1/3 cup almond flour
- 1/4 tsp sea salt
- 1/4 tsp garlic powder
- Olive oil spray (for waffle iron)
- 4 tbsp mashed avocado
- 1 tbsp chopped fresh basil or parsley
- 1 tbsp Greek yogurt or coconut yogurt
- 1 tsp lemon juice
- Salt & pepper to taste
- Optional sandwich fillings: sliced tomato, lettuce, smoked salmon, or grilled chicken

■■■ Instructions:

1. Preheat waffle iron and spray with olive oil.
2. In a bowl, mix zucchini, eggs, almond flour, salt, and garlic powder until combined.
3. Scoop 2–3 tbsp of mixture into each waffle mold and cook until golden and crisp (about 4–6 minutes).
4. Mix avocado, herbs, yogurt, lemon juice, salt & pepper for the herbed crema.
5. Let waffles cool slightly, then assemble with avocado crema and desired sandwich fillings.

■ Nutrition Snapshot (per sandwich):

- Calories: ~250 per sandwich (without fillings)
- Protein: 9g
- Carbs: 6g
- Fat: 18g

■ Swaps & Variations:

- Dairy-free: Use coconut yogurt instead of Greek yogurt.
- Keto: Skip tomato and use high-fat fillings like salmon or eggs.
- Vegan: Replace eggs with flax eggs (1 tbsp flax + 2.5 tbsp water per egg).

■ Pro Tips:

- Use a nut milk bag or cheesecloth to squeeze all water from zucchini for best texture.
- Make waffles ahead and reheat in a toaster for crispness.
- Double the recipe for meal prep – they freeze well!