



## Eggplant Parmesan

Vegan, Vegetarian, Keto

- 1 large eggplant
- 1 cup of almond
- 1 cup of chickpea flour
- 1 can of unsweetened coconut milk
- Zucchini squash spaghetti or regular spaghetti
- 1 large can of tomato sauce
- Vegan Shredded cheese
- Pink Himalayan Salt
- 2 packs Splenda or your favorite sweetener
- 2 TB Olive Oil
- 1 tsp Mrs. Dash Herb and Garlic
- 1 tsp Mrs. Dash Original
- ¼ cup of Nutritional yeast
- 1 tsp turmeric

Some cans of coconut milk have the solid part of the milk on top and water underneath, so pour milk in a bowl and stir well until creamy. Wash your eggplant to make sure the skin is clean, cut the ends off and begin slicing the eggplant 1/4 inch thickness. Place flour and seasonings in a large Ziplock bag.

Drizzle 1-2 TB of olive oil on a nonstick baking pan or cookie sheet and use your fingers to make sure the pan is covered well with the oil and set aside.

Place eggplant slices in milk mixture and cover slices well. Drop a few eggplant pieces in the Ziplock bag and shake. Eggplant does better if you let it sit in the flour mixture overnight.

Place eggplant pieces on greased pan side by side then spray tops with nonstick spray and bake on 450 degrees until done and golden brown or use an air fryer.

Place sauce in a pot, season with Splenda, Mrs. Dash and salt to taste. Place zucchini or noodles on plate, top with fried eggplant, top with sauce and sprinkle cheese.

The end of all things is at hand; therefore be self-controlled and sober-minded for the sake of your prayers. **1 Peter 4:7**