



Caprese Eggplant

Ingredients

- 1 medium eggplant, sliced in 1/4" slices
- 4 oz fresh mozzarella, also sliced thinly
- 1 tomato, thinly sliced
- 1 c pesto
- 1 c almond flour for breading
- 2 eggs beaten
- 2 T cream

Instructions

- Combine cream and 2 eggs in a shallow dish and blend well, set aside.
- Pour almond flour into a shallow dish.
- Dredge eggplant slices through egg mixture then flour mixture.
- Heat oil in large skillet, and when hot, fry the eggplant until golden brown.
- Set aside to cool on paper towel.
- Layer fried eggplant (or air fried) eggplant on the bottom of a pie pan.
- Follow with a layer of pesto, then layer with tomato, and repeat until all ingredients are used, topping with the mozzarella cheese.
- Place in oven for 30 minutes until cheese is golden brown.

MACROS: 6 servings
calories: 246
net carbs 5.5g
protein: 12g
fat: 19g
These are the macros to
the pan fried version