

Gluten Free Eggplant Parmesan

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Ingredients:

- 2 small eggplants (about ½ pound total)
- 1 egg
- 3 Tbsp parmesan cheese
- 2 Tbsp flaxseed meal
- 1 Tbsp almond flour
- 1 cup [spaghetti sauce](#)
- ¾ cup shredded mozzarella cheese
- 2 Tbsp parmesan cheese

Directions:

- Peel and slice eggplant.
- Put egg in a small bowl and scramble.
- Combine parmesan cheese, flaxseed meal and almond flour in another bowl.
- Dip each slice of eggplant into egg, let extra drip off and then dip into breading mixture to coat well.
- Place each piece into a greased baking dish.
- Spoon sauce onto each piece of eggplant.
- Cover with cheeses.

Bake in a preheated 375* oven for about 25 minutes. The size of your eggplant will determine how long you need. If you have big pieces, they will need longer to cook.