

## Zucchini with Lemon & Thyme Recipe



This easy side dish is one you are going to want to eat week after week. And because it comes together in just minutes using alkaline, nutrient-rich ingredients – you can have it as often as you like!

The thyme and lemon flavors really take this up a notch from your standard sautéed zucchini dish.

The thing I love about zucchini, like many vegetables, is that when you cook them, they develop a sweetness that can help you wean off sugar. In fact, when I feel a sugar craving coming

on, I make zucchini or other squash because it really satisfies the craving.

[Watch for The Real Key to Ending Your Sugar Cravings for Good on Thursday.]

So give this dish a try and let me know what you think over on [Facebook](#).

### ZUCCHINI WITH LEMON & THYME

Ingredients [Serves 4]

3 zucchinis  
2 tsp. coconut oil  
1 tbsp. lemon juice, fresh squeezed  
1 tsp. fresh thyme leaves  
Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt) to taste  
Black pepper to taste



Directions

Cut zucchinis into little pieces.

In a skillet, heat 1 tbsp. of coconut oil over a medium heat. Add half the zucchini pieces, and toss in the pan to coat with the oil. Cook zucchini until golden brown, about 5 minutes or so (more or less), and place in a mixing bowl.

Add the remaining zucchini, and do the same (add a little more coconut oil if necessary).

Transfer all the zucchini to the mixing bowl, and then add lemon juice and thyme. Add sea salt and pepper to taste, mix, serve, and enjoy!

# GET OFF YOUR **SUGAR** — summit —

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[getoffsugarsummit.com](http://getoffsugarsummit.com)

More addictive than cocaine, sugar alters brain chemistry and hijacks your health — causing cravings and withdrawal symptoms, bingeing, and weight gain. But there is a way to leave sugar behind. You'll find out about it at an epic online event I'm hosting soon...

Don't miss [The Get Off Your Sugar Summit](#), a free event happening March 23-29, which will help you understand and address sugar's insidious effects and how to kick the sugar habit for good.

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