



Zucchini Fritters

(serving size noted is for one person – multiply as needed)

Instead of pancakes on the weekend, try these yummy fritters...dipped in mayo, pureed avocado or cashew-basil sauce (per the included recipes)!

Ingredients

- 1 cup of broccoli florets, washed and dried well.
- ½ cup of zucchini, grated and dried well
- 2 Tb. Green Onions, diced
- 1 egg, slightly beaten
- 1 Tb. Fresh basil, minced
- 1/3 cup almond flour (medium grind)
- 1 Tb. Nutritional Yeast
- ¼ tsp. Sea Salt
- 2 Tb. Of cooking fat – either olive oil, butter, ghee, lard or tallow (or a mixture)

Method

1. Place broccoli florets in a blender or food processor and pulse till crumbly.
2. Mix broccoli crumbs with all remaining ingredients (except cooking fat) and blend with a fork or spoon.
3. Using your hands, divide the mixture into 3 balls, then form into 3 flat patties.
4. Heat the cooking fat in a large skillet over medium-heat until the oil is hot.
5. Place fritters in the hot fat, and cook 4-5 minutes each side till lightly browned and warmed through.

Serve with a dipping sauce of pureed avocado, homemade mayo, or cashew-basil sauce (see included recipes)

Serve also with a side of bacon, ham or other additional protein.