

# ZUCCHINI FRITTERS



## INGREDIENTS

- |                                                 |                        |
|-------------------------------------------------|------------------------|
| 2 zucchinis, grated                             | ½ cup almond meal      |
| 2 carrots, grated                               | ¼ cup plain flour      |
| 4 spring onions, very finely chopped            | 3 eggs                 |
| 2 rashers bacon, very finely chopped (optional) | Salt & pepper to taste |
| 100g grated cheese                              | 1-2 tspn parsley       |
| ½ to ¾ cup of cooked corn kernels               | Coconut oil (to cook)  |

## PREPARATION

1. Prepare all ingredients, placing grated zucchini in colander to drain while doing the rest.
2. Combine all ingredients except coconut oil.
3. Heat coconut oil over a medium heat – test that it gently sizzles before starting to cook.
4. Carefully put 1 tablespoon of mixture into pan & form into a fritter by gently pushing mixture down & together.
5. Allow to brown well on this side before gently turning using 2 spatulas.
6. Drain on paper towel before serving.
7. Enjoy as a snack, for breakfast with eggs & bacon or as a side for a dinner meal.

*Makes: approximately 24 fritters*

*Storage: can be frozen with baking paper between them & reheated when required.*