

ZUCCHINI FRITTERS



INGREDIENTS

2 zucchinis, grated	$\frac{1}{2}$ cup almond meal
2 carrots, grated	$\frac{1}{4}$ 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
$\frac{1}{2}$ to $\frac{3}{4}$ 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.