

Savory Zucchini Fritters



Course: Breakfast

Categories: Egg, Vegetable

Source: www.livingupwell.com

Serving size: 7-8 4-inch pancakes

Preparation time: 10 mins

Cooking time: 15 mins

Ingredients

2-3 medium zucchini
1 cup shredded carrots
4 medium eggs
1 cup almond flour
1 tsp Italian seasonings
1-2 sheets parchment paper
Fresh salsa or guacamole

Directions

Pre-heat oven to 400 F.

1. Use a food processor with a shredding blade or grate zucchini with cheese grater until you have 5 cups.
2. Add shredded zucchini, shredded carrots, 1 cup flour to medium size bowl.
3. Whisk eggs in a small bowl, then add to shredded vegetables. Season with 1/2 tsp sea salt, 1/2 tsp black pepper and 1 tsp Italian seasonings.
4. Stir together until just combined. The mixture should be moist and stick together easily. If too moist, add a little almond flour. If too dry, add 1 tbsp. at a time of water.
5. Form into 4 inch pancakes and place on a cookie sheet covered with parchment paper. Cook on middle rack for 10 minutes, gently flip and cook until the center is firm, about 5-10 minutes more.
6. Remove from heat and serve with fresh salsa or guacamole.