

Zucchini Fritters

INGREDIENTS

1 Cup Grated zucchini

3 Eggs

2 - 3 Tbsp Coconut flour

1 Tsp Psyllium husk

$\frac{1}{4}$ Cup Grated cheese

Salt and pepper - to taste

Mixed herbs - to taste



METHOD

Mix eggs, coconut flour, psyllium husk and seasoning together.

Finely grate the zucchini and cheese.

Add zucchini and cheese to egg mixture and mix well.

On a low heat add coconut / olive oil to your pan. Add a spoonful of batter to the heated pan and cook until golden brown on the bottom.

Flip and cook for another 1 - 2 minutes until done.



FROM THE  OF: Cornia

