



VEGGIE FRITTERS

Author: Eats by C

Prep time: 20 mins | Cook time: 10 mins | Yield: 6 fritters

DESCRIPTION

Fresh veggies and spices come together in this recipe to create a delicious and nutritious appetizer. These fritters are not only easy to make, but also low-carb and gluten-free.

INGREDIENTS

- 2 zucchinis
- 1 summer squash
- 1 egg
- 1/3 cup almond flour
- 2 tablespoons nutritional yeast
- 2 tablespoons olive oil
- 1 1/2 teaspoons dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- Dried parsley to taste
- Pepper to taste

INSTRUCTIONS

1. Cut zucchinis and squash into chunks
2. In a blender, blend the veggies into small pieces
3. Place the blended veggies in a strainer placed on top of a bowl
4. Press down and try to remove most of the liquid from the veggies
5. Fold salt into the veggies and let mixture sit for 10 minutes
6. Press down on the veggie mixture again to remove any excess moisture
7. In a large bowl, combine the veggie mixture, egg, almond flour, nutritional yeast, olive oil, oregano, garlic powder, salt, parsley, and pepper
8. Add olive oil into a pan over medium-high heat
9. Scoop out the batter into balls and slightly flatten them with a spatula
10. Cook each side until golden-brown.



DID YOU MAKE THIS RECIPE?

Tag @eats.by.c on Instagram and hashtag it #eatsbyc